

DOLPHIN LOG

Collection, Years 2000 – 2004

**The Bulletin of the
Dolphin Swimming & Boating Club
San Francisco, Established 1877**



**Dolphin Swimming & Boating Club
502 Jefferson Street
San Francisco, CA 94109**

April 2011

Winter 2000

DOLPHIN LOG

The Official Bulletin of the Dolphin Swimming and Boating Club • San Francisco, California • Established in 1877

THE CLUB TAKES ON A NEW CENTURY



Ladies Luncheon 1999

DOLPHIN BULLETIN BOARD

News and Notes for the Dolphin Club Membership

Handball News

The two main handball tournaments of the year, the Cinco de Mayo and the Memorial Day Tournaments, will take place at the Dolphin and South End handball courts. The South End will host the games and all Dolphin Club members are invited to watch the competition and join in the festivities.

The Cinco de Mayo Tournament will highlight the best players in the Bay Area and will be held on the weekend of May 6th and 7th. Mexican food and beer will be available for a nominal charge.

The Memorial Day tournament attracts the best players from the western United States. The tournament starts on Saturday, May 27th, with the finals played on Sunday, May 28th. If there are more matches than planned, some finals will take place on Memorial Day, Monday, May 29th. A no-host bar and food will be available for a nominal charge. Both tournaments feature doubles competition and are always exciting events to attend.

—George Brennan,
Handball Commissioner

Kohlenberg's Rowing in the Movies

Just wanted to comment on "The Boy in Blue," a movie Phil panned in his article on rowing in the movies. I agree that the movie was not high drama, but it held a great fascination for me because Ned Hanlon's early antagonist was former South End Rowing Club member Fred Plaisted. Plaisted was the character who openly consorted with gamblers and the "sporting" element in the eastern U.S. during his long professional rowing career. We may remember Fred as the South End crewman whose collapse during the St. Patrick's Day 1874 match race with the Pioneer Rowing Club cost the South End the race and

their club, as they had bet heavily on a win. I described that race in some detail in an article in the *Log* (Fall 1998), along with questioning whether the South End really did know when they were founded. To clear all this up I may have to write a short article about professional rowing in 19th century America, featuring Plaisted.

—Bill Pickelhaupt

Election Results

Pursuant to the Dolphin Club Bylaws, the following are the election results for the Board of Governor's 2000 term:

Pete Bianucci	328 Elected
David Zovickian	307 Elected
Jon Bielinski	273 Elected
Anthony DuComb	245 Elected
Susanne Friedrich	241 Elected
Pat Howard North	219 Elected
Matthew C. Sheridan	214 Elected
Raymond Artigues	143

Remember Swimmers

Swim program dues (\$41) for year 2000 are due before your first Club swim (checks only please). After March 1st, you must have paid your dues in order to compete.

—Thank you,
Swim Commissioners

You Swim....? Commentary

Sid Hollister's "You Swim in the Bay? Are You Nuts?" was a delightful bit of reading, but his experience is definitely not mine. Quite the contrary. Virtually everyone to whom I've mentioned my swimming habits has first asked, "Isn't it cold? To which I respond, "You get used to it." Then they query, "How cold?" When I answer, "Depending on the time of year," I am congratulated for my bravery and com-

plimented on my adventurousness. I feel embarrassed enough that I find it more comfortable to sidestep the topic or go no further than "I like to swim."

That's on the conscious level. Access to the unconscious is more difficult, however. A couple of Halloweens ago, I attended the swim/costume party at the Club. I admit that I left myself little time to assemble a costume—mask, T-shirt and cape. I arrived as Superman—and so did the other four men in the group! With this incident in mind, perhaps my answer to future queries should be, "I like to swim...in the cold waters of the



Greeting 2000 in style: Hennessey, Burtch, Fenson, and Dahlin

President

John Theede – 253 – Elected

Neil Hartnett – 126

Write-in for Stan Hylnski – 1

Boat House Captain

Ruben Hechanova – 265 Elected

Al de la Peña – 119

Unopposed

Vice President – Phil Rollins

Recording Secretary – Nancy Friedman

Financial Secretary – Gary Ehram

Treasurer – Louise Bea

Board of Governors

Meg Reilly 348 Elected

Vincent Huang 324 Elected

DOLPHIN LOG

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& Boating Club, Inc.

502 Jefferson Street

San Francisco, CA 94109

Organized in 1877

1999 Officers

President - John Theede

Vice President - Phil Rollins

Recording Secretary -

Nancy Freidman

Treasurer - Louise Bea

Financial Secretary - Gary Ehrsam

Boat Captain - Reuben Hechanova

Board of Governors

Pete Bianucci, Jon Bielinski,

Anthony DuComb,

Susanne Friedrich, Pat North

Howard, Vincent Huang

Meg Reilly, Matthew C.

Sheridan, Dave Zovickian

Commodore

Lou Marcelli

Bay with all the other men." I'll make a point not to mention who wins all the races. (They, by the way, dress as bumblebees and fairy princesses.)

—Joe Illick

Recycled Swim Trinkets

In the interest of supporting the current Club building project, the Swim Commission has decided to use

trinkets from past swims for the 2000 swim season, except for the Golden Gate and Alcatraz Swims. This action will result in savings of about

\$4,000 which will be put towards the construction project. An inventory of available past trinkets turned up water bottles, glasses holders, the ever-favorite Slinky, license plate holders, and more. We promise extra special new trinkets for the GG and Alcatraz Swims and ask for your patience and understanding when receiving a calendar from 1997 or other dated trinket for a 2000 swim.

—Tina Scott and
Phil Rollins

—John Theede

Thanks Moon

Over the last nine months, Dolphin member Moon Passanisi has single-handedly painted the entire exterior of the Dolphin Club. Using a three-inch brush, Moon was able to accomplish this amazing feat all by himself, saving the Club thousands of dollars. A tireless member, who is here rain or shine, Moon typifies the true essence of being a volunteer.

Locker Room Move

As you know, the women's locker room is undergoing a desperately needed renovation (please see the Boat House Captain's Report on page 5). Unfortunately, this process will require the temporary dislocation of a portion of the men's locker facilities (those located in the red locker room).

The occupants of the red room, however, will eventually be the beneficiaries of the third phase of the Club's construction project that

involves the renovation of the existing women's locker and bathroom facility. The existing women's facility, once renovated, will be assumed by the displaced men from the red room.

Our hope is that we will be able to

find space for many who have lost lockers during construction. We will attempt to accomplish this by combining lockers assumed in the existing women's locker area, creating additional locker space, and reassessing locker availability in the unaffected men's locker areas. However, it is likely that some current locker occupants will lose their locker for a period of time.

Last Spring in advance of the construction, notices were left in the red

room lockers asking members pertinent information about their locker. Members were asked for their name, locker number, phone number, address, and combination or copy of key. This information is necessary to



Dolores Meehan piloting a swim



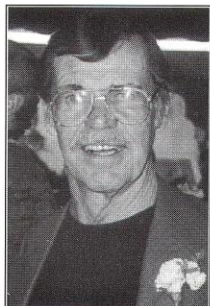
Special thanks to Bill Walden for donating this beauty to the Dolphin fleet

Continued on page 13

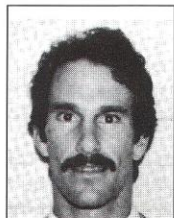
CLUB MILESTONES 1999

Compiled by Walt Schneebeli

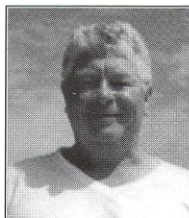
LIFE MEMBERS - 25 YEARS



John Tansley
January 1974



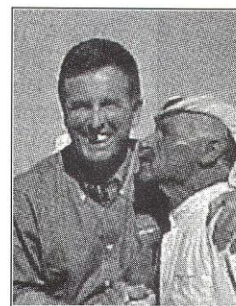
Randall Pinetti
March 1974



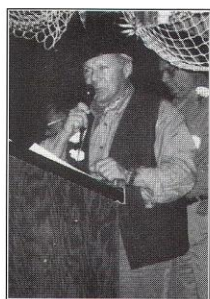
James Guldbeck
April 1974



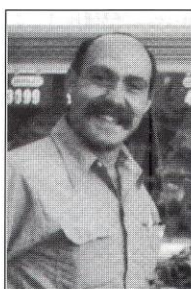
Hiroshi Tsuyumine
July 1974



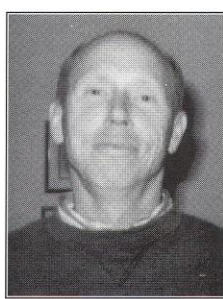
Michael Cerre
June 1974



Ivan Balarin
May 1974



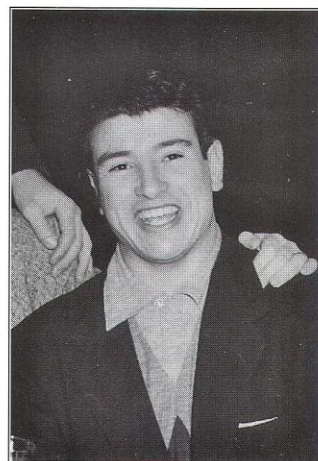
George Kebbe
July 1974



Rollen Scroth
May 1974

Not Pictured
John Sylvester
August 1974

GOLDEN DOLPHIN 50 YEARS



James Morino
February 1949

DEATHS



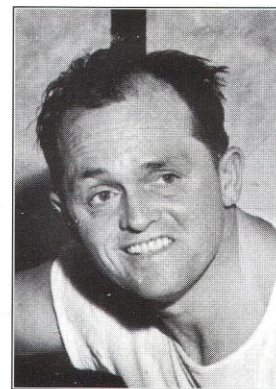
Modesto Lanzone
April 1972 - August 11, 1999



Rudolph Capriotti
January 1952 - December 6, 1999



Joseph Orlando
August 1951 - December 9, 1999



Don Baggiani
March 1935 - January 17 1999

BOATHOUSE CAPTAIN'S REPORT

by Reuben P. Hechanova

RENOVATION UPDATE

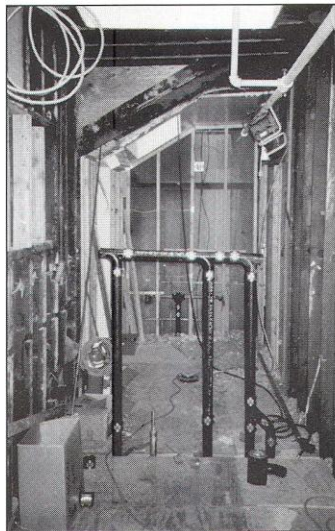
Pardon our renovation's dust, but when all the work is completed, our Club will be a much better place for all members and their guests. Among the many benefits is an elevator which allows those with limited mobility to easily access the second floor of the Clubhouse, particularly the Staib and Sancimino Rooms with their grand views of San Francisco Bay.

The views from these rooms and the memorabilia they hold combine to create a legacy of the past and a vista of the future. Talking about views, an optimistic view and positive outlook of the current construction will overcome a lot if not most of the temporary inconveniences. The following is a brief description of where the construction projects are at press time.

The Dolphin Club renovation and construction has been broken into two components. *Phase 2 - Part A:* The elevator and ground-level north toilet; and *Phase 2 - Part B:* The second floor shower, sauna, and toilets and the conversion of the newer, west-side men's locker room (aka: the red room) into the new women's locker room. The exchange will move the men of the west lockers into the current women's locker room. This is going to be interesting. The locker transfer and move "across the hallway" should occur in mid-April.

Phase 2 - Part A consists of the renovation of the downstairs bathroom and installation of the elevator. The scope of this work meets requirements established by the Americans with Disabilities Act. The elevator was delivered in early February and instal-

lation should be completed soon. The delay of the elevator installation has had a ripple effect on the recently installed Staib Room wood floor. The wood floor of the elevator lobby off the Staib room must be installed after the elevator is in place and before the final sanding and finishing for *all* of the newly installed wood floors can begin. In the meantime, the Staib Room will be made "usable" by returning a few of the room's chairs and tables. The finishing process of sanding, cleaning and putting down the floor finish should take about a week to



The future shower

Thereafter, the feet of all furniture placed in the Staib Room will be fitted with gliders to protect and reduce the wear and tear on the floor finish when the furniture is moved about. This phase of the project will be finished at the end of February or early March.

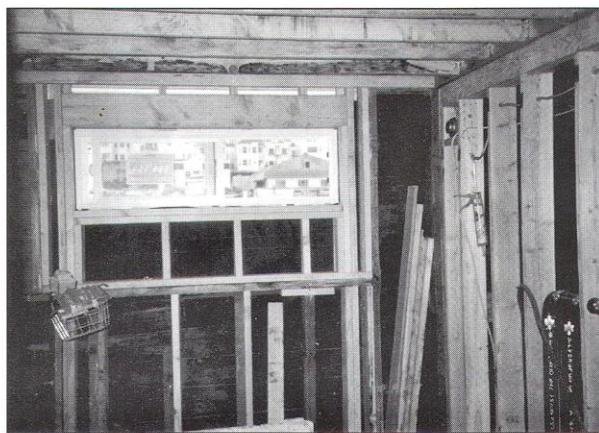
Phase 2 - Part B

is the renovation of the second floor shower, sauna, and toilets and the conversion of the newer men's locker (the red room) into the women's locker room. This is a significant and somewhat complicated undertaking and will require considerable patience from us all. Aside from the physical construction, there will be the enormous challenge of coordinating the exchange of lockers between the existing men's and women's locker rooms.

We also will need volunteers to coordinate the move. (Please see the announcement by locker room captain Mark Mullen and board member David Zovickian with regard to this matter in the *Log's* News Section on page 3.)

All in all, the club is at a milestone both in the size of its membership and in its expansion and utilization of its facility. With completion of the construction the new women's locker room will provide more than three hundred lockers for the women. The men won't fare as well until *Phase 3* is undertaken to provide the additional men's lockers (in the old women's locker room). That will be another story to tell. The task at hand is neither a simple, nor an easy one, and will require your understanding and patience. Keep in mind that any inconveniences will be short-lived. Happy

c o m -
p l e t e .



A sauna with a view...under construction for the women

Millennium and again, please pardon our dust.

Please contact any member of the building committee with your questions or comments. The committee members are Pete Bianucci, Dan McGill, David Zovickian, Lee Hammack, or me.

by Sid Hollister

TRINKETO ERGO SUM I TRINKET, THEREFORE I AM

Editors' Note: *Despite the poor timing of this article (see Recycled Trinkets on page 3), we couldn't resist publishing another whimsical piece of writing by Sid Hollister on this most-important subject matter.*

To many of us, the high point of a Dolphin swim is trinket time on the deck. Nothing can compare to the unique blend of delight and puzzlement that, like August fog, sweeps over the face of the first trinket recipient. 'It's nice,' the expression says, 'but what is it?'

Not every Dolphin has a strong attachment to these trinket experiences. The more competitive among us prefer the limb-thrashing start of a swim or the final sprint to the beach, while the heavy eaters favor the potlucks that round off many events. Well, *gusti sono gusti, chacun a son goût, trinketo ergo sum*, and no problem.

The fact is that many of us remember certain 'trinket moments' as significant milestones in our Dolphin lives. However, most of us remain completely ignorant of the months of rigorous training our trinket selectors undergo before assuming their heavy responsibilities. Most of us couldn't tell you a thing about the secret headquarters for that training—the Trinket Academy of Curios and Kitsch, Inc., known to trinketeers everywhere as TACKI.

Weekend after weekend our trinket selectors are driven—sometimes barefooted along wooded paths, flicked now and again by willow switches—to trinket colloquia in the Xanadus of Contra Costa County. There, the hardy trainees attend seminars on such topics as the history of trinkets, the spiritual aspects of trinketry, and how to deal with trinket refusniks. The seminars are often held in rooms smaller and hotter—at least

so we've been told—than the women's sauna. For hours, our dedicated seminarians pore over trinket and gift catalogues that rival in heft J. Edgar Hoover's file on that well-known pinko, Marcel Proust, and are often as hard to decipher as the true significance of the perfidious madeleine that sent him in search of his past (Madeleine, schmadeleine. We all know that Proust really dipped a chocolate glazed French donut). TACKI students also spend hours perfecting the arcane skill of figuring out



Swim Commissioner Pete Bianucci with a very expensive toilet seat cover

what's actually pictured in the tiny images that fill page after page of those imposing catalogues.

All of this, done in top secrecy of course, leads to intense competition among trinket selectors, who come to these seminars from all over California. We are proud to report that Dolphin Club selectors, for years now, have handily whipped their peers in the Double-Latte-No-Foam Makers of Novato, the California Surrealty

Association, and Parking Control Officers Anonymous.

Without the keen edge such competition produces, our selectors could not have given us such memorable trinkets as the combination nose-hair clipper and weed-whacker. The users we sniffed out report that it fulfills both functions beautifully, although its size has made carrying it on a key chain an embarrassment for some male Dolphins.

The combo post-hole digger and navel-lint remover is also remembered with penetrating clarity by those who survived its use. And who could ever forget the combination neoprene hat and whoopie cushion, an ingenious trinket vividly remembered by swimmers who, while wearing it, bumped into another swimmer, inflating the cushion with a sound that instantly drew a throng of randy sea lions.

Our favorite trinket though, awarded to those who participated in the Sacramento to San Francisco Swim, was the cowed Dolphin Pullover—all soft cotton fleece on the outside; all stimulating boar bristles on the inside. This trinket became keenly coveted by Dolphin athletes training to do the Endless Dipsea. To that small, but hardy band, reachable only by cell phones during their prolonged training, the trinket selectors extend their regrets that there weren't enough shirts to go around. All of us wish them happy trails, confident that they (or their heirs) will receive for their efforts something appropriate to their accomplishment. What comes immediately to mind is a January weekend at that famous spa in Salem, Massachusetts, The Rack and Pillory.

REMEMBER:
CONTRIBUTE TO THE DOLPHIN
CLUB FUND

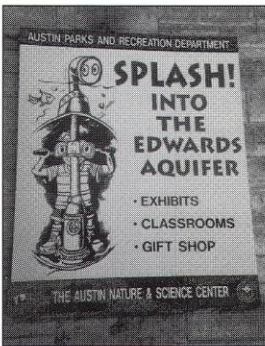
SWIMMIN' HOLES

by Marty Robin

BARTON SPRINGS – AN AUSTIN SWIMMIN' HOLE

Ahhh, Austin—the last bastion of liberalism in Texas! and Geo and I are flying down direct. It's almost spring-time (March 1st of '99) when those lovely blue ladies with their bonnets pop out on Interstate 45 surrounded on all sides by splashes of red. The Indian Paint Brushes always tease the Blue Bonnets to threaten their status as the state flower! It's just a 'little old thang that happens down yonder. A thang' I have looked forward to many a spring. The hills were awash with color.

Of course we dutifully attended the conference that had beckoned us to the Hill Country, but we had another agenda too. Barton Springs, where the Edwards Aquifer bubbles up out of that limestone to coolly provide the best natural swimmin' hole I've ever experienced. It was Geo's first baptism in that water, always 62 degrees. He

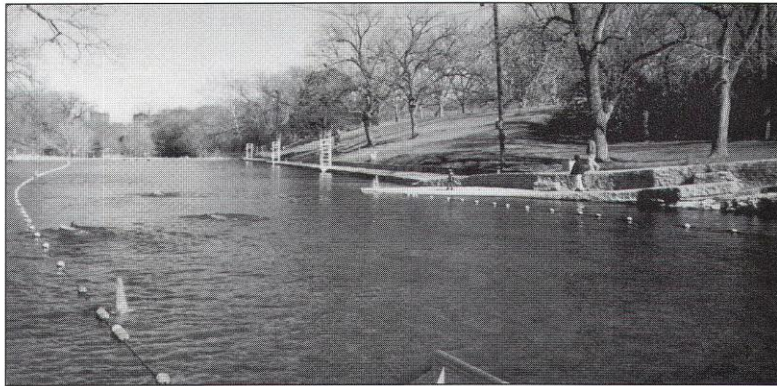


The welcoming sign

couldn't wait, but being from Louisiana and all, and used to swamp lands, and most recently to salty, cold Bay water, and most of all being a Catholic, I didn't know if the baptism thang was going to work so well. He converted in a heartbeat. Barton Springs had won yet another over.

It's pretty amazing. You're in downtown Austin looking at the state capitol, The University and, of course, the Govnah's Mansion, and you just

drive south a few blocks, across the Colorado River turn right and there you are. Like I said, it's great. You drive up to this pure country scene



Now that's a swimming pool fit for a Dolphin

with picnic tables, hiking trails, a scale railroad, a gift shop, and a museum depicting why we have the Edwards Aquifer. The Aquifer is a limestone formation from an ancient sea, complete with fossilized dinosaurs and other extinct creatures—all provided for kids. Eventually you encounter a marvelously delightful hole of pure artesian spring water a quarter of a mile long, forty feet across and as shallow as three feet and not much over ten feet at its deepest, but, man, you can see forever there—swimming in the shadow of Austin's skyline less than a mile and a half away.

The facilities include men's and women's dressing rooms equipped with lockers (bring your own lock), showers, and toilets. As a matter of fact, they're not rooms, but open air courtyards. Yes, you shower in the bright sunshine and you can sunbathe nude on a towel on the grass in relative

privacy. Of course, there are more sunbathing areas outside, along the water, but on a cool spring day, the courtyards are warmer, and sheltered from the wind.

When you arrive, and you can get there as early as 5:00 a.m., you are greeted by Bill, but he likes to be referred to as "Duke." Mr. Duke, proud to be of Italian descent, retired from New York City to Austin, where he volunteers to help keep the Springs open, clean, and just downright friendly. Duke told us stories about the nineteen

years he's been there. One, I just have to pass on to you.

You see, there's these two mature ladies, one is 84 and the other 85, Evelyn and Essie.

They've been coming every morning for over forty years to swim in The Springs. If Duke is late by even two minutes to open that gate, Evelyn and Essie prop their canes on the fence and climb over. He about had a heart attack the first time he caught them with their knickers half across that fence. They always make it, he said. "Nothing will keep us from swimming our morning renewal!" they told Duke, scoldingly. I



George in the cool 62° F

found the comradery nature of the whole place to be reminiscent of the Dolphin Club.

You gotta go. You'll never regret it. I swear.

P.S. Did I tell you we caught a show and heard some good ole Texas Blues? Sunny Rose singing "A Blues Man's Prayer?"

PRESIDENT'S MESSAGE

by John Theede

THE NEW YEAR

I'm very happy to have been elected your new board president and will do my very best to help lead the Club through the year 2000. I want to thank the 1999 board members, and especially the outgoing president, Meg Reilly, for the great job of getting the Club through some turbulent waters. Under Meg and the board's leadership, we were able to renew our lease for 24 years, as well as get the needed construction project under way—with much of it being paid for by funds collected through the special fund raising drive. Many Club members participated and made the drive successful. We were thus able to avoid the imposition of a high assessment, while also being able to offer payment schedules in hardship cases.

With this in place, our Club's capital funding program is back on track.



A pilot's point of view

members who contributed to the fund. I want to remind everyone that the building fund is an ongoing effort, and not just a one-time phenomenon. Any member can contribute at any time to the building fund to help pay for capital improvements. The contributions are tax deductible charitable donations. Checks should be made out to

tained and vital facility able to handle its growing membership.

During this year, I want to stress the importance of getting more members involved in the Club. This is much more than just a reasonably priced place to work out. At the Swimmer's and Pilot's Appreciation Dinner in November, Peter Drino said it best in a brief speech about how he was

welcomed into the Club by Cecco Mennucci, who took the time to explain to him that this isn't just a health and fitness club—it is like a family. Peter encouraged all members to take the time to get to know newcomers, and help them feel comfortable at the Club.

When I first joined, I wasn't sure what this Club was about. I was mystified about how things happened, and didn't think that I could be of any real help with the events. I volunteered to pilot a couple of swims, then I helped out in the kitchen a few times and got to know people much better, learning how enjoyable and satisfying participation could be. I now feel very much at home at the Club and can't imagine not being involved. I was helped a great deal by my friendship with some old-timers—Walter Schneebeli, Lou Marcelli, Dan McGill and others. They took me under their wings and helped me to feel comfortable and at home.

There are plenty of opportunities to help out with this year's activities. For example, our entertainment committee chair, Lorna Newlin, needs lots of help with 'set-up' and 'clean-up' at events. Our swim program needs people to assist with numerous tasks for each swim. Please contact me or the swimming commissioners, Pete



The Fantastic Four

We owe a great deal of thanks to those who helped to organize the fund raising drive, especially Nancy Friedman, and Mark McKee and Sunny McKee. A special thanks also goes out to all

The Friends of Recreation and Park, with a note on the check indicating it is for the Dolphin Club Fund. This will help ensure that our Club has ample funds available to remain a well-main-

Bianucci and Anthony DuComb, to find out how to get involved. Let's help spread the workload for these important events, so that we avoid volunteer burn-out by a few people who have to do everything.

Helping out with the program is easy. All it takes is a willingness to help, an openness to new experiences, and readiness for fun. If you want to talk about how to get involved, please speak with me or any other board member or commissioner or just leave a note in any of our

ments you might like to see. You can leave me a note in my mailbox, drop

of our little paradise on earth. I think that her statement is a wonderful way to describe what our Club can be for everyone.

Swimming courses varied from a 'flag and back' to almost a full cove for the more daring. The moon was big and bright, the wind was still, and the water was like a pond, a bearable 51F. For the record, the following people participated in the Full Moon Swim:

participated in the Full Moon Swim:

Swimmers: Paul Brady, Stephanie Cain, Kate Coleman, Ken Coren, Camille Cusumano, Joe Ferraro, Mara Frattasio, Marsha Grimm, Gail Grynbaum, Scott Haskins, Joe Illick, Tom Kuglen, Sara Morris, Pete Neubauer, Phil Rollins, Anne Sasaki, Dan Taaff, and John Theede.

Pilots: Todd Oppenheimer, Anh Crutcher. Kitchen food guard: Brian



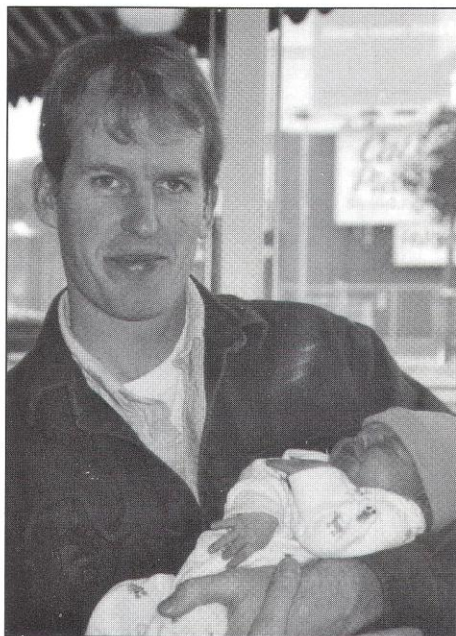
The Ferrero and Nakamura Clans

me an email at jtheede@atlanticmutual.com, or give me a phone call at 415-771-2949. I want to be able to represent all Dolphins, and I will be happy to talk to any members about their ideas or comments. I know we can have a great year at the Club if we all work together.

Full Moon/Solstice Swim

In late December, I helped out at the Full Moon 'Fun' Swim. It not only marked the winter solstice, it also kicked off the 2000 Polar Bear. It was an enormous success, with 18 swimmers, two pilots, a beach-head count monitor, a kitchen 'food guard', and a great potluck feast. A newer member, Camille Cusumano, swam, and brought food for the potluck, helped to clean up, and had a great time

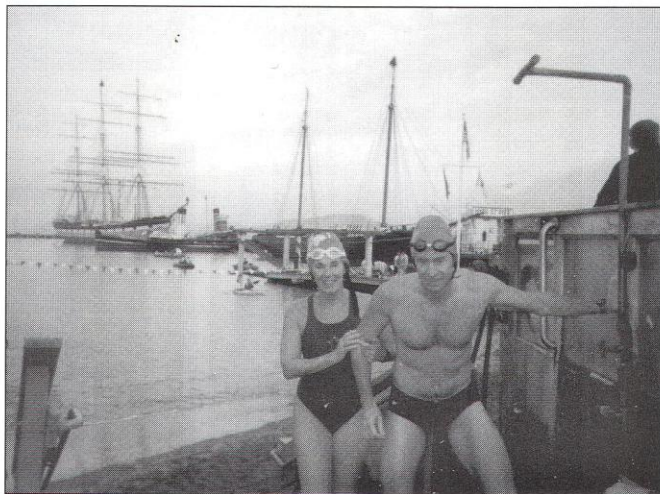
in general. She said to me: "You know, there's a lot more ways to have fun around here than just swimming." She found out about the real fun at the Club, by showing up, helping out, and becoming a part of the special culture



Papa Mervin with baby son Cooper

mailboxes. Or just go up and ask someone how to help. It's simple, and it can definitely change your experience here for the better.

I'm at the Club a lot, having the good fortune to live nearby. If you see me, please ask me any questions you want, or share any comments or suggestions you might have about the Club or whatever changes or improve-



After a tough Alcatraz crossing, Mark and Sunny McKee recover

Gilbert. Beach 'head-count' monitor: Sara Morris' husband.

WWW.DOLPHINCLUB.ORG

SWIM COMMISSIONER'S REPORT

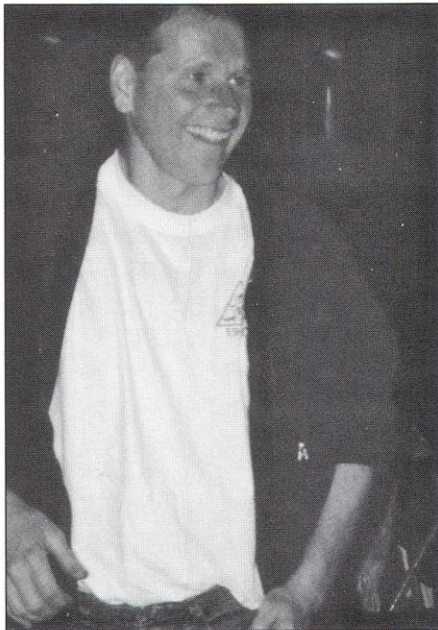
by Pete Bianucci and Anthony DuComb

21ST CENTURY BEGINS WITH THE DOLPHIN CLUB ALCATRAZ VICTORY

The last three months of the year, century and millennium saw numerous and exciting swim program events fill the weekends.

South End Club Wins Triathlon Again

The 24th annual Dolphin/South End Club Triathlon occurred with the usual good-natured banter and spirited competition on October 10th. With a final score of 367 to 263, the South End Club will again keep the Triathlon Plaque firmly affixed to its wall for another year. In a close competition of all-women barges, the South End



Most Improved Swimmer John Pelka

barge edged out the Dolphin *Wieland* by 22 seconds and the overall event went to our neighbors. Becky Fenson was first among 54 swimmers in the Yacht Harbor Swim, but the overall event went to the South Enders, as did the 7.2 mile round-trip run to Fort Point and back. Our Boat House Captain for 2,000, Reuben Hechanova, once again was quoted as saying, "Wait until next year, you bloody bastards."

Dolphins Take Top Three Slots in Escape

Forty individuals and five teams competed in the annual Escape from Alcatraz Triathlon on October 17th. While the weather was perfect, with no wind, rain or excessive heat, the water was not cooperative. Almost all competitors had slow swim times. Conditions in the Bay, however, did not prevent Hugo Kenyon from bursting through the 4-hour barrier with a winning time of 3:54:25. He was followed by fellow Dolphins Ben Owen and Mark McKee. Matt Davis and Nancy McIlvaine of the South End club were first in their cruiser classes, with Dolphin Theresa Owen the first female to finish. The South End Club also won the relay. Tom Callinan, who has competed in all 19 Escapes, expects an even larger turnout for the 20th Escape. Take it from this us, it's never too early to hit the Dipsea trail.

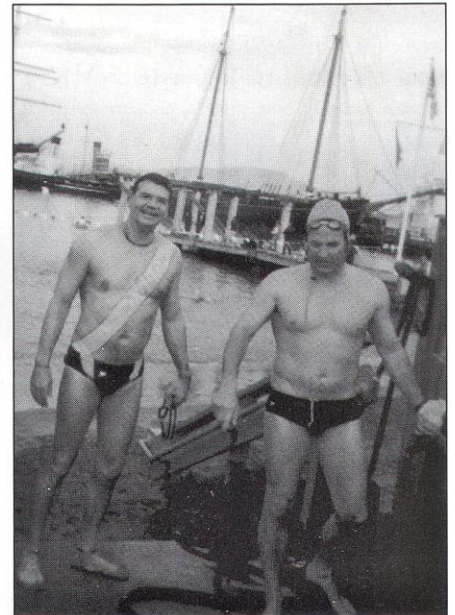
Urrea Smashes 100 Mile Swim Record

Between June 1st and October 31st, 27 swimmers demonstrated the tenacity necessary to complete the 100-mile swim. Peter Urrea, the most peripatetic swimmer in the Club, was well at the head of the pod as he logged a record breaking 425 and 1/2 miles. While the majority of his miles were posted swimming for long hours along the buoy line, many of Peter's miles were swum in the Irish Sea and the Catalina Channel. It may be many years before his record is broken.

Handicap and Thanksgiving Day Cove Swims

On October 24th a strong contingent of swimmers posted for the Handicap Cove Swim. After much jostling for position and commentary on assigned handicap times, the one-mile race began. All the swimmers fin-

ished within a four-minute window, with Susan Cobb joyfully grabbing the first stick. Then, on Thanksgiving Day, November 25th, 63 swimmers entered 55-degree water to work up an appetite for their turkey dinners. They began with two courses, but a massive flood tide and some independent spirits wrested control of the event mid-swim and added a third course. Lindsay Casablanca led the wayward pack to arrive first in this "Lost



New Year's Crazies

Course." Becky and Dave Zovickian prevailed on the Long and Short Courses, respectively.

Fabulous Swim and Pilot Appreciation Dinner

Those who consider the Appreciation Dinner the pinnacle of the swim season were not disappointed with this year's event. Entertainment Committee Chair Lorna Newlin provided an oyster buffet followed by a sumptuous roast

Continued on page 12

FEATURE

by Bill Pickelhaupt

HISTORY OF AQUATIC PARK - PART IV: THE END & THE BEGINNING

Just a few short years after the boat *Fort Sutter* departed this earthly life, the City of San Francisco realized it did not have the funds to maintain Aquatic Park. In the early 1960s, the park was transferred to the State of California, under whose control it remained for about a dozen years. The state also came to feel that the financial burden of maintaining the park—particularly the ships—was so great that it was beyond its capability. When the Golden Gate National Recreation Area was formed about 1975 from an assortment of Bay Area parks and seashores, the state transferred Aquatic Park, with its expensive restoration projects on schooners like the *C.A. Thayer* and *Wapama* and the tugboat *Eppleton Hall*, to the better funded federal government. A critical question for the rowing clubs emerged here: would the clubs come under federal jurisdiction and ownership or would they stay under the control of the City of San Francisco, as they had during the period of state control?

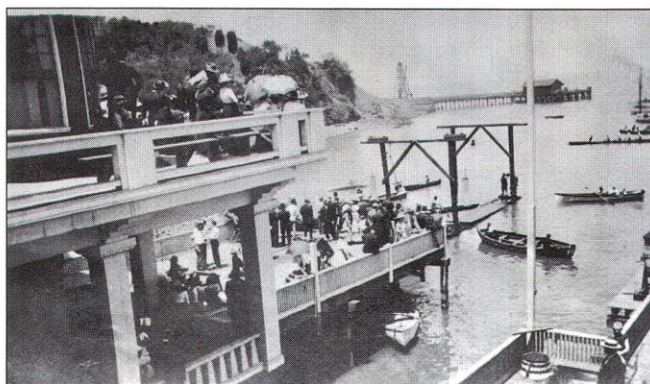
One obstacle during this time was the effort to allow women to be admit-



Dolphin members cavort at the foot of Van Ness Avenue, circa 1909

ted as members of the Dolphin, San Francisco, and South End rowing clubs in 1975. (An article on these events can be found in the Spring 1997 edition of this magazine). Despite vigorous resistance by some members of the Dolphin and South End Clubs, women were admitted to these two clubs in 1976. Ray Lazzari of the San Francisco Rowing Club refused to go along, and Buck Delventhal, Assistant City attorney and member

of South End Rowing Club, padlocked the San Francisco Rowing Club. John Molinari of the San Francisco Board of Supervisors carved out for the City the land the Dolphin and South End clubs sat on and County of San Francisco. But there was a price to be paid.



A view from the clubs when they were on the west end of the cove

The South Enders and Dolphins were required to sign separate leases with the City. Each club's lease was to run for an initial 25-year period, with one renewal option of 24 years. The clubs had to pay ten percent of their revenues to the City as rent, even though the clubs maintained the buildings and administered the swimming, rowing, handball, running and other activities for which they are known. By managing their operations themselves, the clubs relieved the San Francisco Recreation and Park Department of this task, while helping the department attain its mission of providing recreational opportunities for San Franciscans.

Continued on page 12



Our swimming pool, circa 1909

ted as members of the Dolphin, San Francisco, and South End rowing

when the transfer of property to the federal government was made. Attorney Sandra Terzian lobbied to

Swim Commissioner's Report

Continued from page 10

beef dinner. Master Chef Grant Springer will need to be brought back for an encore. Dozens of door prizes were distributed between awards and an impromptu auction benefiting the women's locker construction was held. Amidst the hoots and cheers of the crowd, Todd Oppenheimer's winning bid of \$150 clams won him the honor of placing a dolphin-embossed toilet seat cover on his personal throne. The question remains, however, what generous Dolphin donated such an elegant item for the auction?

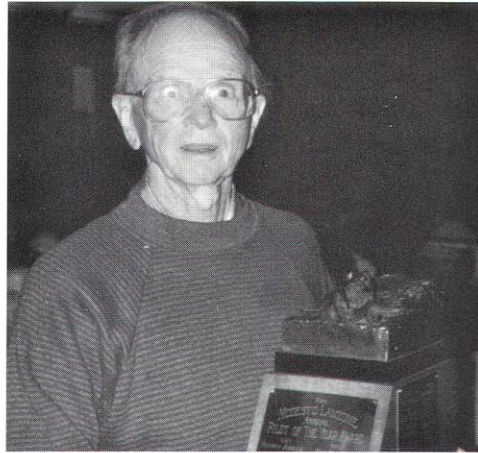
The highlight of the evening, however, were the Swim Commissioner awards. New member Ray Artigues (with 17 pilots) was the Pilot of the Year. The Helper of the Year went to Sue Garfield for her kitchen organizational skills. The Most Improved Swimmer was John Pelka, whose daily 7:00 am race with George Kebbe paid off. Peter Drino and Mary Cantini-Norkin shared The Most



*John Selmer accepting
one of his many trophies*

Inspirational Swimmer Award: Peter for motivating winter swimmers with his Drino Challenge, and Mary for overcoming her back surgery and continuing to compete in swims and triathlons.

The 2000 Season Begins: Volunteers Needed



*Pilot of the Year Ray Artigues
accepting his trophy*

The year began with 40 Dolphins and 35 South Enders stroking their way from Alcatraz to Aquatic Park. Becky Fenson grabbed the laurel and the Sunday Examiner headlines with a time of 27:21. Just as significantly, 35 other Dolphins rose early to pilot the swimmers safely across the Bay. With this many pilots, the swim program for 2000 cannot be anything but a smashing success. See you on and in the water, and in the kitchen.



Editor's Note:

Dolphins are encouraged to send us stories, pictures and locations of rowing clubs from around the world

History of Aquatic Park

Continued from page 11

The swimming and rowing clubs at Aquatic Park are an integral part of San Francisco. These days, the Dolphin Club is in the renewal phase of its lease. This option will terminate in the year 2028. Many people have said, "I don't care, I'll be gone by then." But we should all care. Not just for members who are 25 years old now who will be 53 in 28 years, or for members with young children. What if Charles Farrell or Ed Scully had said in 1909 that they didn't care if Black Point Cove was turned over for development? What we now know as Aquatic Park might be nothing but a string of Fontana Apartment complexes, with an unbroken string of T-shirt shops along the water. Unable to swim or row in the Bay, with their view of the beauty of the Bay and the Marin headlands cut off by monolithic structures, the lives of all San Franciscans would be sharply diminished.

The Lands Division of the California Lands Commission ruled that the land under the Dolphin and South End could be leased to these clubs for a total of 49 years, no more. But this ruling is directly in conflict with the original 1923 legislation, which transferred the tidelands of Black Point Cove from the state to the City of San Francisco. The transfer was in perpetuity *only* if the land were used for active recreational purposes. State law is clear on this point. (See Assembly Bill No.1376, Chapter 359, Approved June 14, 1923). The Dolphin and South End rowing clubs should be able to enjoy hassle-free use of their current sites in perpetuity. That is a fight for another day: but its not too early to start thinking about it.

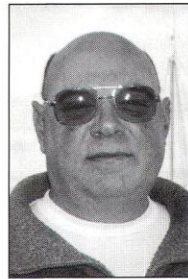


*Dolphins Horseplay with the Headless
Horseman, circa 1909*

2000 BOARD OF GOVERNORS



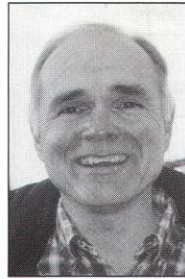
*Treasurer
Louise Bea*



Pete Bianucci



Anthony DuComb



*Financial Secretary
Gary Ehram*



*Recording Secretary
Nancy Friedman*



Susanne Friedrich



*Boat House Captain
Reuben Hechanova*



Vince Huang



Pat North Howard



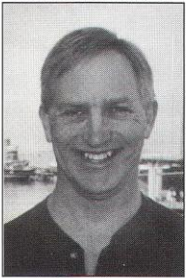
Meg Reilly



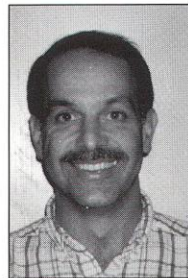
*Vice President
Phil Rollins*



*Matthew C.
Sheridan*



*President
John Theede*



David Zovickian

Dolphin News

Continued from page 3

facilitate an efficient move from the red room into the old women's locker room. Once the move has been completed, assignment of lockers will be based strictly on seniority (length of membership). If you have a red room locker and haven't completed the information form, please do so immediately. Red room members, who have not responded may have their locks opened and their contents bagged and stored.

At this time, we do not know the exact net impact of construction on locker space. We are, however, very sensitive to the disruption caused by the construction and we ask for your patience and cooperation. We ask that Club members consider sharing lockers with our dislocated brethren during the transition period.

Please be assured that we are working diligently to ensure a smooth and equitable transition. Please contact Locker Captain Mark Mullen or David Zovickian with any questions, concerns, or locker information. Thank you for your cooperation.

From the Editors

The deadline for submissions for the Spring issue of the Dolphin Log is April 1, 2000. Please leave your materials in our box in the Staib Room, mail it to the Dolphin Club, email it to sheridan@sfo.com or approach us in person.

Rowing Training

Rowing training is available for all members of the Club. Generally held the third weekend of every month, interested members must formally sign-up ahead of time on the sheets posted near the front entrance. The following are the remaining dates for training:

March 18 & 19
April 22 & 23
May 20 & 21
June 24 & 25
July 22 & 23
August 19 & 20
Sept. 23 & 24
Oct. 21 & 22

Nov. 18 & 19

Dec. 16 & 17

Hypothermia Experiment & Lecture

Last year after the Mid-Winter Cove Swim, Dr. Nuckton from the University of California, at San Francisco covered the results of a study he had done at the Club after the Alcatraz Swim in 1998. He also provided some general information about hypothermia. I attended that lecture, along with many other Dolphins, and want to share some of the information.

The study he did at the club involved taking temperature readings from several Alcatraz swim participants. Each swimmer dried off, came inside the boathouse and lay down on a cot, wrapped in warm woolen blankets. As they lay there their core body temperatures were carefully monitored. Some participants saw their body temperature drop quickly, and some more slowly, but for everyone there was an "after-drop" of core body temperature that was most pronounced anywhere from 10-25 minutes after getting out of the water. This after-drop is caused by the cool-

Continued on page 17

DOLPHIN SWIM STATISTICS

JUNE 1, 1999 - JANUARY 23, 2000

1999 100 MILE SWIM

JUNE 1 - OCTOBER 31, 1999

Peter Urrea	425.50
John Pelka	138
Becky Fenson	134.50
Heather Royer	124.75
Vince Huang	124
Heidi Schriefer	120
Neal Powers	115.50
Joe Illick	119.25
George Kebbe	111
Pavla Podolska	108



Peter McLaughlin	105.50
Suzie Dods	104.25
Phil Rollins	104
Pete Neubauer	103.50
Mark McKee	101
Sunny McKee	101
Rebecca Tilley	101
Bob Blum	100.75
Anthony DuComb	100.25
Dan Osborne	100.25
Mimi Osborne	100.25
Alan Budenz	100
Laura Burtch	100
Paul Conidi	100
Jeff Deren	100
Rey Hassan	100
Margaret Keenan	100

HANDICAP COVE OCTOBER 24, 1999

Jump off: 9:18 a.m.
Current: building, strong flood;
Temperature: 59° F

Full Course

1. Susan Cobb	45:17
actual time	30:17
2. Dan Osborne	46:07
	25:07
3. Jeff Deren	46:16
	23:16
4. Sue Garfield	46:20
	31:20
5. Mark Mullin	47:07
	30:07
6. Joe Illick	47:22
	26:22
7. Anthony DuComb	47:44
	32:44

8. Debby Rose	49:33
	43:33
9. George Robin	49:34
	31:34
10. Dave Zovickian	49:42
	25:42

Abbreviated Courses

1. Peter Butler	29:31
actual time	29:31
2. Era Osibe	29:57
	25:57
3. Mimi Osborne	32:07
	27:07
4. Ron Meunier	35:00
	30:00
(First virgin)	

Pilots: Susan Allen, Ray Artigues, Andy Camous, Bill Pickelhaupt, and Emily Roth.

Helpers: Pete Bianucci, Anthony DuComb, Sue Garfield, Don Ried, and Debby Rose.

THANKSGIVING DAY COVE NOVEMBER 25, 1999

Air temperature: 52° F
Water temperature: 55° F

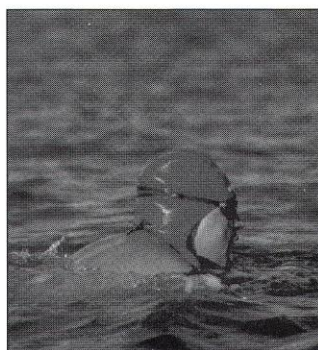
Long Course

1. Becky Fenson	17:13
2. Scott Haskins	18:04
3. Laura Burtch	18:52
4. George Kebbe	21:43
5. John Lennox	21:54
6. Phil Rollins	22:03
7. Peter Drino	22:04
8. John Pelka	22:06
9. Alan Budenz	22:12
10. Marla McGowan	22:30
11. Larry Scroggins	23:02
12. Suzie Dods	23:07
13. Missing Stick Swimmer	NTR
14. David Rich	23:10
15. Dan Osborne	24:14
16. Todd Oppenheimer	25:00
17. Jennifer Lamers	25:06
18. Joe Illick	25:26
19. Kate Coleman	25:29
20. Gina Rus	25:35
21. Joe Ferrero	26:09
22. Pete Neubauer	26:13
23. Mike Webb	26:27
24. Bob Fewster	26:28
25. Diane Schatz	26:31
26. Erik Burke	28:12
27. Susan Cobb	29:12
28. John Maddox	29:26
29. Mark Mullen	29:35

30. Sue Garfield	31:09
31. Lee Hammack	31:44
32. Debbie Bispo	33:30
33. Ken Coren	33:37
34. Larry Wisch	36:33

Short Course

1. Dave Zovickian	12:37
2. Rich Cooper	13:20
3. Monica Towers	17:12
4. Era Osibe	17:16
5. Robin Rome	17:51
6. Noel Turner	18:28
7. Sid Hollister	18:29



8. Noel Frelicot	18:36
9. Mag Donaldson	18:55
10. Pete Bianucci	18:56
11. Mimi Osborne	19:20
12. Phil Fernandez	19:26
13. Don Reid	20:09
14. Gary Bushnell	20:38
15. Keith Weaver	20:46
16. Rudy DeMay	21:15
17. Gail Grynbaum	21:59
18. Ray Artigues	22:34
19. Bill Powning	23:08
20. John Theede	24:24
21. Peter Butler	24:54
22. Sara McCuskey	26:49

Lost Course

1. Lindsay Casablanca	17:02
2. Duke Dahlin	17:53
3. Pat Howard	26:15
4. Nancy Hornor	29:57
5. Marsha Grimm	29:29
6. Steve North	37:33
7. Will Powning	38:10

Pilots: Susan Allen, Eduardo Barranco, John Davis, Jeff Deren, Phil Kohlenberg, Toby Kohlenberg, Bill Pickelhaupt, Tina Scott

Helpers: Mary Alex, Alan Budenz, Barbara Burns, Kate

Coleman, Anthony DuComb, Sue Garfield, Gail Grynbaum, Sid Hollister, Pat Howard, Kristin Kenauss, Mike McGeath, Laura Merkl, John Theede, Meg Reilly, and Nick Simpson.

NEW YEAR'S DAY COVE JANUARY 1, 2000

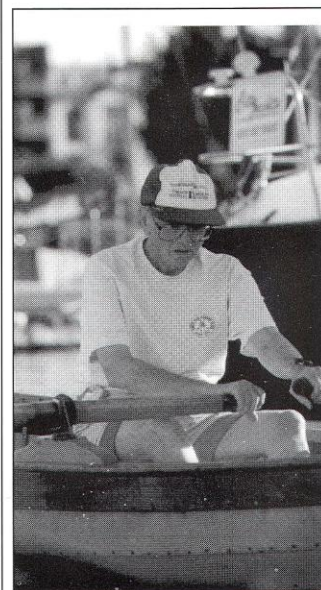
Jump off: 10:30
Water temperature: 51°

Long Course (3/4 Mile)

1. Dave Zovickian	19:32
2. Tom Hofmann	20:25
3. Dan Osborne	20:30
4. Nancy Friedman	22:06
5. Jackie Merovich	22:30
6. Barry Christian	23:28
7. Susan Cobb	23:47
8. Sue Garfield	23:56
9. Lorna Newlin	23:57
10. Pat Howard	27:27
11. Mary Cantini-Norkin	29:51
12. Gail Grynbaum	30:01
13. Pete Bianucci	30:48
14. John Theede	35:23

Short Course (1/2 Mile)

1. Era Osibe	17:43
2. Mimi Osborne	21:30



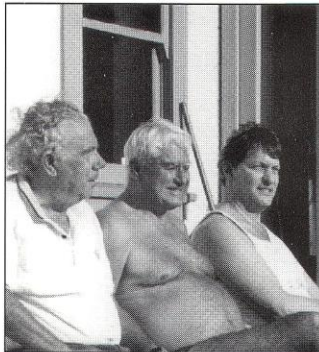
3. Ray Artigues	22:26
4. Pavla Podolska	23:07
5. Steve North	24:14

Late Start Short Course (1/2 Mile)

1. Debbie Bispo	13:50
2. Noel Turner	14:47
3. Ann Sasaki	15:59
4. Sid Hollister	17:24

Modified Course (? Mile)

1. Tom Kuglen	15:05
2. Bob McKenzie	22:40



Pilots: Susan Allen, Chanteal LaFloch

Helpers: Alan Budenz, Anthony DuComb, Sue Garfield, Liam Hennessy, Roger Klein, Mickey Lavelle, Jackie Merovich, Don Reid, and Elmer Tosta.

SOUTH END ROWING CLUB'S NEW YEAR'S MILLENNIUM DAY ALCATRAZ

1. Becky Fenson	DC	.27:51
2. Scott Haskins	DC	.29:20
3. Noel Lafferty	SE	.30:55

9. Pat McMillan	SE	.32:07
10. Liam Hennessy	DC	.32:18
11. Dave Horning	SE	.32:47
12. John Davies	DC	.33:08
13. Steve Schatz	DC	.32:27
14. Heidi Schriefer	DC	.34:52
15. Sue Free	SE	.35:09
16. Tim Reid	DC	.35:26
17. Tom Pier	SE	.35:50
18. John Nakamura	DC	.36:12
19. Rick Bartels	SE	.36:55
20. George Kebbe	DC	.37:25
21. Alan Budenz	DC	.37:40
22. Duke Dahlin	DC	.37:40
23. Tom Paoli	SE	.38:00
24. David Rich	DC	.38:01
25. John Pelka	DC	.38:09
26. Suzie Dods	DC	.39:56
27. Phil Scarborough	DC	.38:28
28. Mickey Lavelle	DC	.40:40
29. Larry Scroggins	DC	.40:46
30. Phil Rollins	DC	.41:10
31. Gina Rus	DC	.41:15
32. Conrad Vonblank	DC	.41:21
33. Peter McLaughlin	DC	.41:22
34. Steve De la Pena	SE	.41:48
35. Kate Coleman	DC	.42:08
36. Unknown		.42:32
37. Laura Quando	SE	.43:05
38. Gary Emich	DC	.43:09
39. Mike Webb	DC	.43:12
40. Roddy Bottom	SE	.43:29
41. Peter Neubaur	SE	.44:01
42. Neal Powers	DC	.44:27
43. Joe Ferrero	DC	.44:57
44. Rebecca Tilly	DC	.45:08
45. Steve Wygant	SE	.45:17
46. John Mervin	DC	.45:26
47. Sunny McKee	DC	.45:31
48. Peter Drino	DC	.46:40
49. Dan Needam	SE	.47:02
50. Ben Grieb	SE	.47:06
51. Bruce Armbruster	SE	.47:18
52. Andy Feild	SE	.47:25
53. Matt Davis	SE	.47:29
54. Paul Weiss	SE	.47:30
55. Kevin O'Keefe	SE	.47:54
56. Dave Blonde	DC	.48:16

62. Ken Coren	DC	.53:32
63. Linda Nowell	SE	.53:51
64. Mike Langois	SE	.55:00
65. Jeff Woodhead	SE	.55:08
66. Steve Councilman	DC	.55:09
67. Mike O'Connell	SE	.55:39
68. Michael Currant	SE	.55:50
69. Anthony DuComb	DC	.56:03
70. Ray Hassen	DC	.57:32
71. Leslie Steele	SE	.57:36
72. Mike Lynch	SE	.58:05
73. Pat Tomata	SE	.59:19



74. Virgil Pryor	SE	.60:38
75. P. Peyton	SE	.63:45
76. Ken Fong	SE	.74:26

Swim Pilots: Susan Allen, Ray Artigues, Pete Bianucci, Mary Cantini-Norkin, Barry Christian, Rich Cooper, Bob Danielson, Peter Darlington, Al de la Peña, Jeff Deren, Jim Fagan, Ken Frank, Nancy Friedman, Roger Hansen, Don Harrison, Reuben Hechanova, Debby Henning, B. Kavanagh, D. Kavanagh, Phil Kohlenberg, Chantal LaFloch, Dan McGill, Kathy McKinley, Dolores Meehan, Jackie Merovich, Lorna Newlin, Dan Osborne, Phil Reiff, Emily Roth, Joe Schatz, Eric Shackelford, John Sullivan, Omer Thompson, Keith Weaver, and Dave Zovickian.

Neal Powers	.22:38
Joe Illick	.22:53
Jackie Merovich	.24:07
Steve Counsellmen	.24:16
Susan Cobb	.24:36
John Mattox	.24:48
Ken Coren	.24:56
Noel Turner	.25:04
Pam Stillwagon	.25:12
Roger Kleid	.25:21
Sue Garfield	.25:38
Jerry Cullen	.26:04
Tony DuComb	.26:07
Tom Kernan	.27:49
Era Osibe	.29:01
Delores Meehan	.29:20
Ed DeCossio	.30:16
Pete Bianucci	.30:30
John Theede	.32:06
Debbie Rose	.32:25
Don Reid	.36:20
Paul Brady	.36:21
Steve North	.36:38
Phil Kohlenberg	.Almost

Pilots: Susan Allen, Ray Artigues, Louise Bea, Gary Bushnell, Mary Cantini, Barry Christian, Peter Darlington, Jeff Deren, Gary Ehrsam, Stu Etzler, Jim Fagan, Nancy Friedman, Don Harrison, Reuben Hechenova, Deb Henning, Kathleen McKinley, Margaret Keenan, Lorna Newlin, Dan Osborne, Al de la Pena, Lisa Smith, and Dave Zovickian.

Helpers: Pete Bianucci, Laura Burtch, Duke Dahlin, Susie Dods, Anthony DuComb, Tom Dugan, Sue Garfield, Gail Grynbaum, Lee Hammack Sid Hollister, Krist Jake, Jon Nakamura, Mimi Osborne, Neal Powers, Will Powning, Phil Rollins, Debby Rose, Gina Rus, and Binnie Winn.



4. Alex Johnson	SE	.31:18
5. Mike Laramie	SE	.31:25
6. John Selmer	DC	.31:33
7. Sean Kelly	DC	.31:44
8. Laura Burtch	DC	.32:06
57. Mark McKee	SE	.48:18
58. Peter Ross	SE	.48:57
59. Keith Nowell	SE	.50:38
60. Bill Wygant	SE	.51:07
61. John Mattos	DC	.52:08

GAS HOUSE COVE January 23, 2000

Conditions: windy, medium flood, chop
Water temp: 52 ° F

Jon Nakamura	.18:48
Duke Dahlin	.19:24
Phil Rollins	.20:12
Mickey Lavelle	.20:45
Larry Scroggins	.21:33
Pete Neubauer	.21:45
Conrad von Blankenburg	.21:53

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Dolphin Log
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DOLPHIN CLUB

ESCAPE FROM ALCATRAZ TRIATHLON

OCTOBER 17, 1999

SINGLES

	<u>CLUB</u>	<u>SWIM</u>	<u>BIKE</u>	<u>RUN</u>	<u>TOTAL</u>
1. Hugo Kenyon (fastest bike)	DC	42:20	44:40	2:27:35	3:54:25
2. Ben Owen (fastest run)	DC	53:19	50:21	2:19:30	4:03:10
3. Mark McKee	DC	46:15	48:45	2:29:30	4:04:30
4. Brent Pohlman	SE	45:51	50:09	2:49:50	4:25:30
5. Matt Davis (first male cruiser)	SE	50:04	47:56	2:52:00	4:30:00
6. Phil Scarborough	DC	43:14	46:46	3:03:50	4:33:50
7. Andy Graham, (youngest)	DC	54:27	48:33	2:51:40	4:34:40
8. Theresa Owen (first woman)	DC	50:51	54:09	2:59:50	4:44:50
9. Anthony DuComb	DC	1:03:47	48:33	2:48:14	4:50:14
10. John Mattox	DC	58:52	58:52	3:06:55	5:02:55
11. Mark Mullen	DC	59:04	1:04:56	3:02:10	5:06:10
12. Ken Coren	DC	1:01:51	59:09	3:06:45	5:07:45
13. John Horner	DC	1:01:38	55:22	3:11:40	5:08:40
14. Nancy McIlvaine (first female cruiser)	SE	36:35	1:01:25	3:34:20	5:12:30
16. Andy Field	SE	46:07	56:53	3:29:50	5:12:50
17. Mike Webb	DC	47:47	59:13	3:30:30	5:17:30
Jon Nakamura	DC	39:58	56:02	3:41:30	5:17:30
19. Sunny McKee	DC	47:19	58:41	3:45:50	5:31:50
20. Heidi Schriefer (fastest swim)	DC	35:44	1:07:16	3:52:01	5:35:01
John Selmer	DC	35:45	1:07:15	3:52:01	5:35:01
22. Tom Callinan (20th time)	DC	57:58	57:02	3:43:45	5:38:45
23. David Blende	SE	55:25	1:09:35	3:38:04	5:43:04
24. Barry Christian	DC	57:28	1:10:32	3:43:30	5:51:30
25. Krist Jake	DC	48:56	1:16:04	3:50:20	5:55:20
26. Keith Nowell	SE	58:24	1:13:36	3:51:45	6:03:45
27. Gina Rus	DC	50:39	1:16:21	4:13:20	6:10:20
28. Deborah Bispo	DC	51:44	1:28:16	3:54:20	6:14:30
29. Suzie Dodds	DC	46:52	1:18:48	4:48:00	6:53:05
30. Susan Allen	DC	43:30	1:20:30	4:48:00	7:01:00
32. Gary Ehram	DC	1:22:20	1:00:40	4:47:00	7:10:00
33. Joe Oakes (oldest)	SE	59:10	1:56:50	4:23:00	7:19:00
34. Tom Linthicum	SE	1:10:19	1:36:41	4:39:00	7:26:00
35. Mary Cantini-Norkin	DC	1:18:36	1:22:24	4:50:00	7:31:00
36. Lorna Newlin	DC	55:36	1:21:24	4:52:00	7:33:00
37. Rick Buckley	DC	1:35:47	1:37:13	4:44:00	7:57:00
38. Louise Bea	DC	59:10	1:56:50	5:06:00	8:02:00
39. Tina Scott	DC	59:48	1:41:12	5:55:00	8:36:00
40. Pedro Hordenes	SE	49:27	1:16:00	NTR	

FINS (...in a class of their own)

15. Buck Delventhal	SE	47:13	1:02:21	3:22:31	5:12:31
31. Mike Lagios	SE	58:34	1:00:26	5:06:00	7:05:00

RELAYS

		<u>NAME</u>	<u>SWIM</u>	<u>BIKE</u>	<u>RUN</u>	<u>TOTAL</u>
1.	Pauline Yeckley	SE	50:12			
	Diane Davis	SE		49:48		
	Tom McInerney	SE			2:18:35	
						3:58:35
2.	Peter Darlington	DC	44:13			
	Boris Rosenberg	DC		39:47		
	Deb Spalding	DC			2:40:05	
						4:04:05
3.	Scott Haskins	DC	32:17			
	Dennis Deisinler	DC		44:43		
	Patrina Grube	DC			3:17:30	
						4:34:30
4.	Staphanie Cain	DC	1:01:49			
	Susanne Friedrich	DC		58:11		
	Anne Barbaret	DC			2:50:40	
						4:50:40
5.	Linda Nowell	SE	1:25:03	NTR		
	Marty Maricle	SE			3:50:00	
						NTR

Dolphin News

Continued from page 13

ing of the blood as it goes into the extremities, and then, much cooler, returns to the heart.

This phenomenon is familiar to anyone who has gotten out of the cold water, and stood around to talk with people on the deck afterwards for several minutes. When you go up to the showers and sauna, you are much more chilled than when you first got out of the water. This may also be due to the fact that when in the water, we are exercising and creating body heat. Then when we stop swimming, we stop providing heat from exercise, and quickly cool off even more. Obviously, the more work you do when swimming, the more "self heating" your exercise produces.

Some general information that Dr. Nuckton provided at the lecture:

Big-boned people, with large muscle mass and high body fat have the best resistance to cold water.

Contrary to popular belief, one's resistance to

cold does not increase with training, Dr. Nuckton claimed however, you do learn to breathe better in cold water over time, and avoid the hyperventilation response to cold water that contributes to hypothermia.

Extreme hypothermia (confusion, rapid heart beat) is best treated by wrapping the person in a "re-warming blanket" and slowly warming them up in a heated room. (For severe hypothermia, always call 911.)

If you are experiencing moderate hypothermia (shaking, slow breathing, confusion) you can treat it best by applying heat to the body trunk (torso) only. Stand in a hot shower and let the water pour onto your torso. The sauna is not good to use first, since it warms up all the body surfaces at once, especially the arms and legs, and that draws blood away from your torso and heart, which need it the most. You can then pass out if your core temperature continues to drop. So warm up in the shower first, and then go into the sauna.

Warm herbal tea is the best thing to drink to warm up from the inside out, but any warm liquid is better than nothing. Beverages with caffeine and/or alcohol, however, are not recommended.

In conclusion, Dr. Nuckton proclaimed: "dry, wrap and run for medical attention."

—John Theede

PILOT OF THE YEAR TROPHY MISSING

A terrible tragedy has befallen the Club. It was discovered in January that the stunning trophy honoring the Pilot of the Year is missing and suspected stolen.



The sculpture was commissioned in the early 1980s by member Modesto Lanzone and crafted by member Gordon Cook, both now

deceased. A number of members have been recognized as Pilot of the Year and their names adorn the trophy.

This piece is representative of exemplary efforts by Club members and has been a wonderful connection for many of us to the past. It is part of the heart and soul of the Club.

The Board is most interested in re-claiming the trophy and requests any information regarding its location be sent anonymously to the Club. Please help us retrieve this invaluable piece of Dolphin history.

2000 SWIM SCHEDULE

Schedule Subject to Changes

<i>Date</i>	<i>Event</i>	<i>Jump-Off</i>
December 21, 1999 - Tuesday	Polar Bear Swim Begins	
January 1 - Saturday	New Year's Day Alcatraz and Cove	.09:00
January 23 - Sunday	*Mid-Winter Gas House Cove	.11:00
February 13 - Sunday	Mid-Winter Cove	.09:00
March 19 - Sunday	Spring Cove	.09:00
March 21 - Tuesday	Polar Bear Swim Ends	.23:59
April 9 - Sunday	*Pier 43 1/2	.09:15
May 21 - Sunday	*Dick Beeler Crazy Cove	.09:00
June 1 - Tuesday	100 Mile Swim Begins	.00:01
June 3 - Saturday	*Yacht Harbor	.09:30
June 23 - Friday	*Twilight Cove - Pot Luck and BBQ	.18:00
July 1 - Saturday	*Crissy Field	.08:30
July 15 - Saturday	*Trans Tahoe Relay	TBA
July 23 - Sunday	*Pier 39	.08:00
July 30 - Sunday	*Fort Point	.08:00
August 5 - Saturday	*Santa Cruz Pier Swim	.11:00
August 13 - Sunday	*Doc Howard - Over 45 - Gas House Cove	.9:00
August 20 - Sunday	*Over Sixty Cove - Swim fees not necessary	.10:00
August 20 - Sunday	Introduction to Bay Swimming	TBA
August 27 - Sunday	*Gas House Cove	.10:00
September 15 - Friday	*Twilight Pier 43 1/2	.18:30
September 24 - Sunday	Alcatraz	.10:30
October 7 - Saturday	Joe Bruno Golden Gate II - Slow Day	.09:00
October 8 - Sunday	Joe Bruno Golden Gate I - Fast Day	.10:00
October 15 - Sunday	Dolphin/South End Triathlon	.09:00
October 22 - Sunday	Escape From Alcatraz Triathlon	.09:00
October 31 - Tuesday	100 Mile Swim Ends	.23:59
November 5 - Sunday	Handicap Cove	.09:00
November 11 - Saturday	Annual Swim and Pilot Appreciation Dinner	.19:00
November 23 - Thursday	Thanksgiving Day Cove	.09:00
December 17 - Sunday	New Year's Day Alcatraz Qualifier	.09:00
December 21 - Thursday	Polar Bear Swim Begins	.00:01

• Swim Program Rules •

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commission.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

• Additional qualifications for Alcatraz and Golden Gate Swims •

10. In-town members must successfully complete 2 swims marked with a wheel (⊗) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, non-qualified members will be given priority to qualifying swims.

SOUTH END ROWING CLUB

2000 SWIM SCHEDULE

(PROPOSED – PENDING RECEIPT OF PERMITS FILED ON 1/4/00)

DATE	JUMP	EVENT	TIDES
Sun., February 27	8:00 a.m.	Pier 39 East	3.0 Max Ebb @ 10:08 a.m.; Slack @ 7:04 a.m.
Sat., March 18	7:30 a.m.	Yacht Harbor	3.6 Max Flood @ 8:54 a.m.; Slack @ 6:00 a.m.
Sun., April 9	7:45 a.m.	Pier 33	4.5 Max Ebb @ 8:26 a.m.; Slack @ 4:55 a.m.
Sun., May 7	7:00 a.m.	Bay Bridge	5.3 Max Ebb @ 7:12 a.m.; Slack @ 11:03 a.m.
Fri., May 12	6:00 p.m.	Gas House Cove (Evening Swim)	3.5 Max Flood @ 7:36 p.m.; Slack @ 4:21 p.m.
Sun., June 4	7:00 a.m.	Pier 7	6.0 Max Ebb @ 6:06 a.m.; Slack @ 9:58 a.m.
Sat., June 17	9:15 a.m.	Yacht Harbor	3.7 Max Flood @ 12:07 p.m.; Slack @ 9:03 a.m.
Sun., July 2	9:00 a.m.	Crissy Field	4.8 Max Flood @ 12:01 p.m.; Slack @ 8:57 a.m.
Sat., July 29	7:30 a.m.	Fort Point	4.3 Max Flood @ 10:11 a.m.; Slack @ 7:55 a.m.
Sat., August 12	7:30 a.m.	Anita Rock	3.4 Max Flood @ 10:22 a.m.; Slack @ 7:09 a.m.
Sat., August 26	7:00 a.m.	Kirby Cove	3.8 Max Flood @ 9:03 a.m.; Slack @ 5:55 a.m.
Sat., September 23	9:30 a.m.	Alcatraz Invitational	High Water @ 9:38 a.m.; 3.4 Max Flood @ 7:44 a.m.; Slack @ 11:00 a.m.; 2.2 Max Ebb @ 1:18 p.m.
Sat., October 7	9:15 a.m.	Club Alcatraz	High Water @ 9:25 a.m.; 2.6 Max Flood @ 7:34 a.m.; Slack @ 10:35 a.m.; 1.6 Max Ebb @ 1:00 p.m.
Sun., October 15	TBD	SERC-DC Triathlon	
Sat., October 21	8:00 a.m.	Golden Gate	High Water @ 8:18 a.m.; 3.4 Max Flood @ 6:17 a.m.; Slack @ 9:39 a.m.; 2.2 Max Ebb @ 11:58 a.m.
Sun., October 22	TBD	Escape from Alcatraz	
Sat., December 16	8:30 a.m.	New Year's Day Qualifier	2.8 Max Ebb @ 8:12 a.m.; Slack @ 11:45 a.m.

All dates and times are subject to change. Look for notices on Club bulletin board and Club web site (www.south-end.org).

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Summer 2000

DOLPHIN LOG

The Official Bulletin of the Dolphin Swimming and Boating Club • San Francisco, California • Established in 1877

A LOOK INTO OUR PAST



Dolphin Club Initiation, Circa 1951

DOLPHIN BULLETIN BOARD

News and Notes for the Dolphin Club Membership

On the Cover

Looking appropriately regal, Freddy Herms as Queenie and Jimmy Cronin as Rex (King Neptune), preside over the Dolphin Club Initiation circa 1951. Check out the pictorial article by Gary Ehrsam on page 8.

Boundless Thanks

The Club applauds the selfless efforts of life member Rich Antonchuk, who along with J.P. Pierre and his son, replaced the aging linoleum floor in the Staib Room with oak wood. Generations of appreciative Dolphins will enjoy the fruits of this labor, provided at no charge to the Club.



Pilot of the Year Trophy Still Missing

Last issue we reported that the Pilot of the Year Trophy was missing and suspected stolen. So far, it has yet to be returned.

If you have any information on its whereabouts, please contact the the Boat House Captain or the Board of Governors immediately. Please help us retrieve this invaluable piece of Dolphin history.

Dolphin Branding

Show your Dolphin colors in style, either with a baseball-style cap (\$20), decal (\$2), assorted silk-screened t-shirts, sweatshirts or swim caps (assorted prices). Contact Dolphin fashion gurus Lou Marcelli or David Zovickian to begin your career as a Dolphin fashion plate.

Correction

The following are the correct spellings of two Life Members listed in the last edition of the *Log*: James Guldbeck and Rollin Schroth.

Dods Needs You!

This summer, between the dates of August 6 - 15, Dolphin Club swimmer Suzie Dods will be the latest Dolphin to attempt a crossing of the English Channel. After long months of training in the Bay's cold waters, she will be heading to Dover, England in early August.

In case you missed the delightful fundraiser and oyster feed held in early June, it's not too late to contribute to the cause. Donations are still being accepted to help defray the cost of the attempt.

Checks should be made out to Suzie Dods and can be left in Pat Howard's box in the Staib room or mailed to: PO Box 671 Larkspur, CA 94977.



Suzie Dods and her support team

eCircles

Get online with the Dolphin Club eCircle! If you have Internet access at home or at work, you can join the Dolphin Club eCircle—a free, fun, private online community for Dolphin members only. The eCircle provides access to an online calendar, discussions, group email, swim results, board minutes, and interesting Web links for rowers, swimmers, and kayakers. We even have online photo albums! More than 100 Dolphins have joined the eCircle so far.

You can check out eCircles at www.ecircles.com, but to join, you must be invited by a current eCircle member. Sign the list at the Club, ask a member to invite you, or email Nancy Friedman, nancyf@dnai.com, to receive your e-invitation. P.S. Check out the Dolphin Club Web site, too—www.dolphinclub.org—and watch for site renovations during 2000.

—Nancy Friedman

Escape Training Starts Now!

How time flies! Only six months to go until the Escape From Alcatraz Triathlon! Beginning this spring, there's a new way to motivate yourself to train for the event: The Several Hundred Mile Club. Here's how it

works: there's a mileage log posted at The Club (it's around the corner to the left as you enter the front door). You check off squares for the miles you run just as you would for the 100 Mile Swim, but you get to check off extra squares if you run after you swim (at least one mile), after you bike (at least 10 miles), or if you run on a hilly trail (like the Dipsea!). If any one of these applies, you multiply your mileage by 1.5. If two or more apply, you double your mileage! If you run a little bit and train for the event, your mileage will add up *fast*! There will be trinkets for everyone who participates, but the true "reward" will be completing the Escape! (And then you get a cool belt buckle...) The mileage log will be up for 6 months, from April 23rd through October 22nd, the day of the race. Train hard and have fun!

—Ben Owen

DOLPHIN LOG

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Organized in 1877

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Dolphin Building Total to Date

According to Dolphin Building Fund organizer Sunny McKee, the donation program has leveled off at \$133,960.58 as of March 1, 2000. According to McKee, a substantial contribution was made directly to the San Francisco Recreation and Parks Department since March 1st. The contribution

was intended for the Club fund, but the check did not mention the Dolphin Club specifically. Once the check is properly earmarked, it will be added to the current total. This would still leave the Fund around \$15,000 short of the Fund's goal of \$150,000. "People who are just joining now will look back in ten years and really appreciate the time, effort and money that went into the building," said McKee.

Sign-ups

If you plan to participate in an event for which there is advance sign-up or ticket sales, please sign-up and/or buy your ticket in advance. This is a great help to the volunteers who organize events. Pre-planning includes budgeting, buying and preparing food, drink and supplies for the expected number of attendees. For athletic events, recruiting enough volunteers to help and buying enough food and drink is based on the number of

expected participants. It's not a fun surprise to be caught short by a lot of last minute participants.

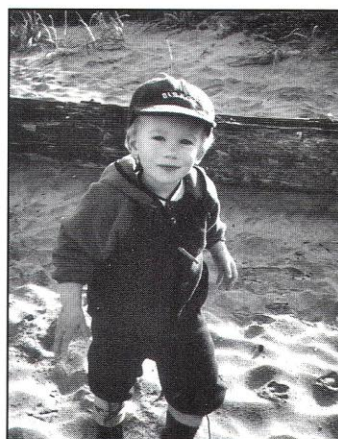


Father Tom Flower performs a baptismal ceremony on the beach for DC/SE new born Sam, son of Steve and Sue Counselman.

3rd (or 4th?) Annual Hartnett Invitational Pier to Pier Swim

Come and enjoy one of the toughest swims on the calendar. Cocktails first, then the water sprints (please don't over train!). Bring your own drinks and food to barbecue—dancing shoes required.

Saturday,
September 9, 2000
6:00 p.m.(ish)



This place is pretty cool!

Membership Meeting September 20, 2000

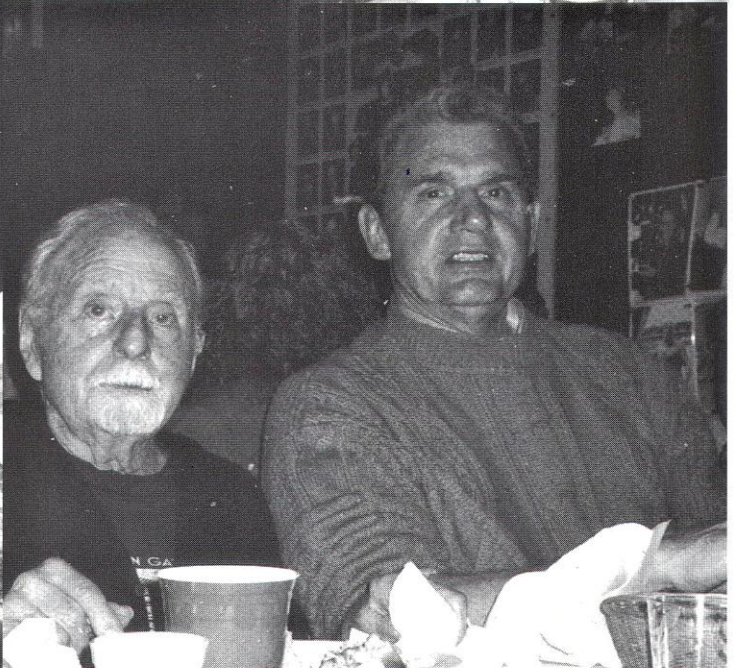
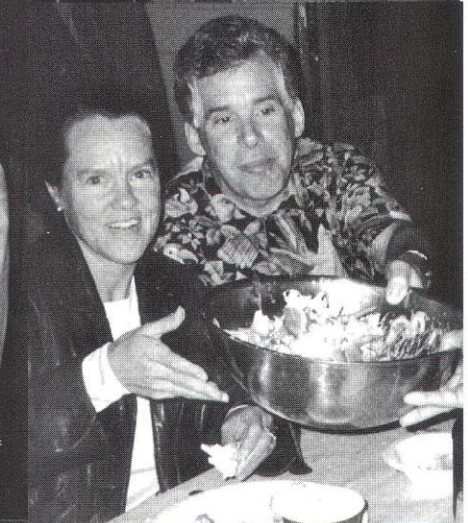
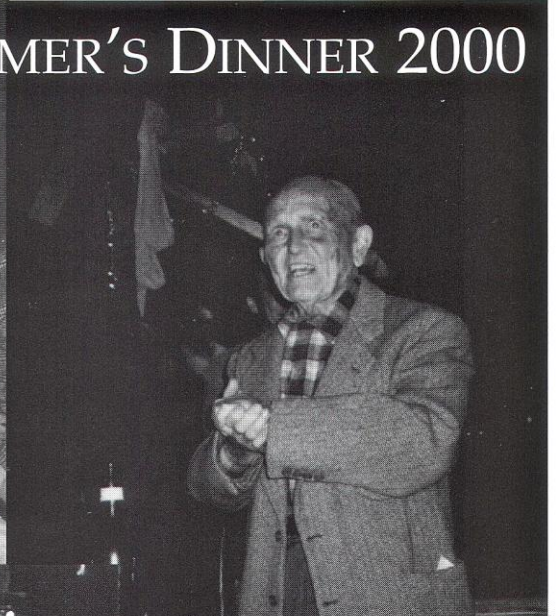
Pursuant to the Dolphin Swimming and Boating Club's By-laws, the Club will be holding its Annual Membership Meeting on Wednesday, September 20, 2000 at 7:00 p.m. The meeting will be held inside the Staib room at the Dolphin Club, 502 Jefferson Street,

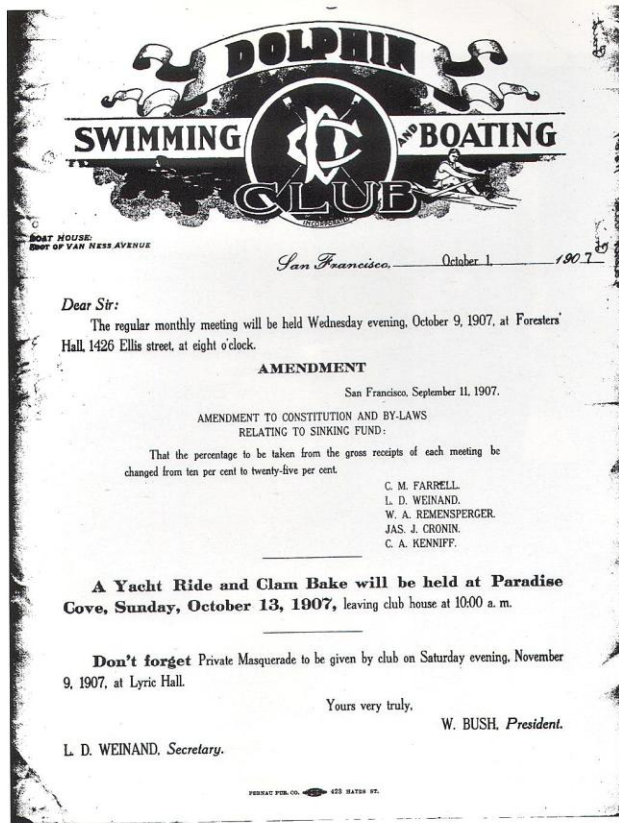
San Francisco, California.

Continued on page 13



OLD TIMER'S DINNER 2000





Yacht Ride and Clam Bake — Paradise Cove, Sunday, October 13, 1907 By Walt Schneebeili

This fine looking pod of Dolphins should look happy; the tickets went for a buck apiece. If you look closely, three Dolphin "heavies" are to be seen, they are Frank Staib, Jim Cronin, and Joe Keenan. Many other members pictured, may be seen on the walls of the Sancimino Room.



FEATURE

by Sid Hollister

CURLS, PRESSES, AND...NAPS?

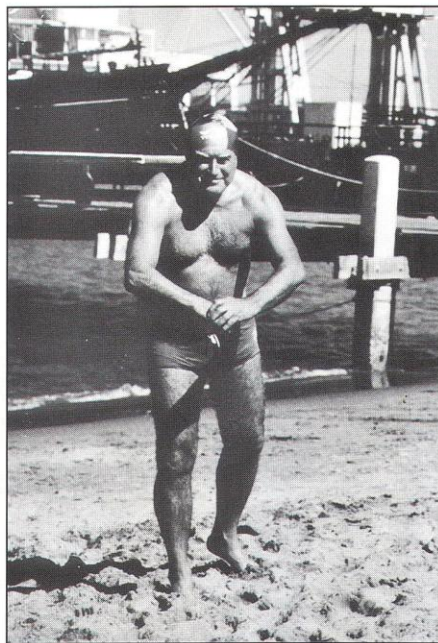
Say "weight room" and most people think of clanging iron, explosive grunts and growls, and the smell of sweat. But to any habitual user of the Club's lair of cold steel and hot bodies, the room is much more.

Take an early spring day, for example, when the sun's rays have driven away the winter chill, but nasty gusts of wind still snap like a wet towel at anyone daring to sunbathe on the deck. What better refuge could there be than the weight room, with its west-facing windows that let in the warming sun but not that relentless wind? So I headed for that room late one blustery March afternoon to do a bit of yoga in the sun before taking a dip. Everything was just as I had imagined it—except that on almost every bench and in almost every floor space between the benches—on black mats, red mats, and yellow mats—lay close to a dozen Dolphins, stretched out or curled up in the sun like cozy cats. It was nap time at the Dolphin Daycare Center, complete with "Soporific Strings for Springtime Snoozers" playing softly on the radio.

Only Jimmy Vanya showed any sign of vigor as he completed the punishing routine that will forever bear his name—"The Vanya." Over the years, I've closely watched Jimmy go through his paces many times, but the subtlety of his moves still escapes me. All I can say for sure is that you have to shift smoothly from one bench to another and scan at each stop one section of the day's newspaper, making weighty comments as you go. The benefits of doing The Vanya are many, as you can see from the accompanying photo of the man who invented it.

In a generous gesture, Jimmy usually leaves the routine's final step—called the "Jerk* and Stomp"—to Brian Gilbert, who seems to have a natural gift

for its demands of agility and power. Performed in one sweeping movement, it requires great hand strength, strong calf muscles, and an unerring sense of just how much newspaper can be crammed into the weight room's single small wastebasket. It is truly awesome to see. Moon has been forced on several occasions to call upon all the old goats the next day to help him extract the well-stomped wad from its cylindrical cranny.



Jimmy Vanya in usual form

More subtle than The Vanya is "The List," devilishly difficult to master because it requires the unwitting assistance of anyone who happens to be in the weight room. The list consists of a numbered series of weight-lifting and other exercises, but what's on that sheet of paper is irrelevant. The real goal of this routine is to move the list from one place in the weight room to another while occasionally picking up a weight, but never doing any real exercise. Breaking a sweat disqualifies you.

Clearly, one has to be a glib and clever conversationalist to become adept at The List.

Another weight room challenge is known as the BMS, or "Barely Moving Stairmaster." Though not so subtle as other routines, the BMS does require a particular kind of eye-hand coordination. The goal of the BMS is to maintain the slowest pace possible on the Stairmaster without causing the machine to stop altogether. It calls not only for great concentration, usually on attentively noting how different people enter the water, but also an uncanny ability to let the upper body slump and sag as if seeking a safe place to fall down while keeping the feet barely moving.

Finally, the most explosively dramatic of routines: The "Whip, Sprint, and Toss," which many readers have no doubt come close to demonstrating. The routine begins spontaneously. Someone enters the weight room and, without so much as a by-your-leave, changes the radio station that until then has provided the perfect accompaniment to your sweaty toil. If polite requests for more civil behavior get you nowhere, you might finally feel inspired to do the Whip, Sprint, and Toss, which requires the well-honed skills of a triathlete. It consists of whipping the radio's plug out of the wall, sprinting with the accursed thing to the end of our pier, and tossing it as far as possible into the cove's salty chop.

This is the only one of the weight room routines that I haven't witnessed, though if the truth be told, I've been tempted once or twice to give it a try.

** This, of course, refers to the specific move itself, not to the man doing it.*

A Pictorial Memoir

By Gary Ehrtan

Back in the 50s, the Dolphin Club held its annual Hike & Dip to Ocean Beach. Members walked to Ocean Beach, jumped into the surf and afterward had a hearty breakfast at the Cliff House.



L to R: Bob Nielsen, Syd Foster, Mike Scafani, Frank Mennucci, Remo Tocchini, Leonard Gelardi, Jr., Leonard J. Gelardi, Joe Weiss, Jimmy Cronin, and Duke Dupuis (1949).



Finally! Taking the Dip (1947).



Do you recognize anybody? See the back cover for the full sized photo.

Dolphins were active in competitive rowing and the Dolphin Light Weight 4+ was the Pacific Coast Champion.



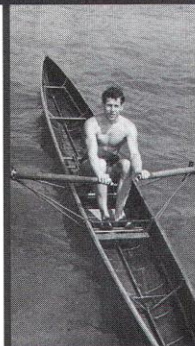
Dolphin Light Weight 4+ at Lake Meade, Nevada. Cox: Ray Morino, Stroke: Lenny Gelardi, #3: Antone Gelardi, #2: Bob Nielsen, Bow: Len Gelardi (1948)

L to R: Antone Gelardi, Lenny Gelardi, Coach Lawton Hughes, Bob Nielsen, Len Gelardi, and Ray Morino (1948).



Dolphin Rower Bob Nielsen

Bob was one of the pioneers of rowing flat-water shells at Lake Merced. There were no buildings at the lake except the pump house so he kept his boat there and launched by wading out into the lake.



Lake Merced (1948)



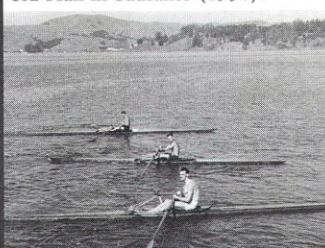
The south end of Lake Merced, near the pump house (1954)



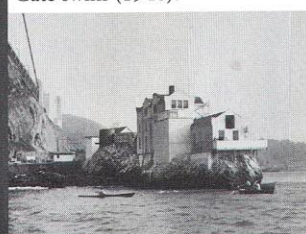
South Lake Merced

At Aquatic Park and on the Bay, Bob rowed a skiff. Then, as well as now, swims were well-organized and piloted. Of course, it's every Dolphin rower's duty to pilot and the lightweight skiff was put to use.

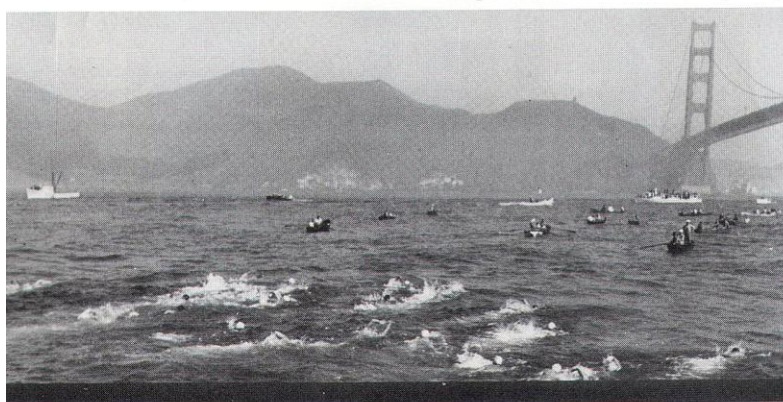
Richardson Bay. From foreground: Mervin T. Wood, Australian, holder of World Challenge Cup. Bob Cumming, Kelowna RC, British Columbia. Bob Nielsen in first fiberglass shell, built by Sid Hall in Sausalito (1950).



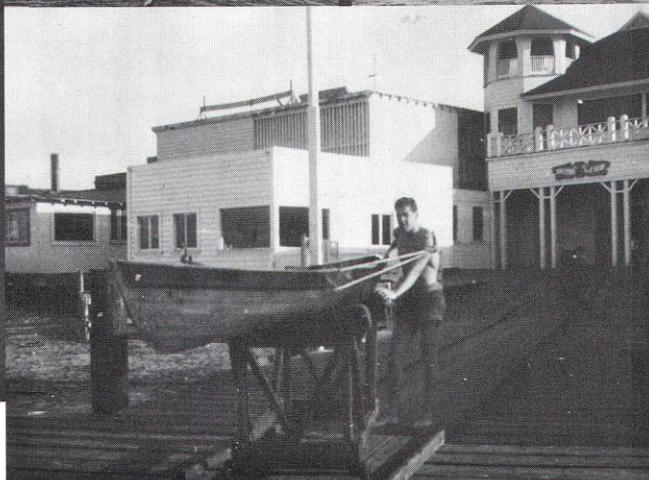
By Lime Rock after the Golden Gate swim (1948).



Well-piloted Golden Gate Swim (1948)



Bob Nielsen launching Skiff #9 (1948)



During the celebration of Mare Island Navy Yard's 100th Anniversary, several Dolphins rowed the 28 miles from San Francisco to deliver a commemorative scroll signed by Mayor Elmer E. Robinson.



Rowing the scroll to Mare Island in the *James J. Cronin*.
L to R: Bob Nielsen, Nat Young, Joe Weiss (Sept 18, 1954)



Presentation of scroll (1954).

The Dolphin Club of his time was a true fraternity, complete with initiation and hazing.

*All this notoriety gained
adoring fans and fast
friends.*



No, they are not going to a 50s theme party. L to R: Frank Inferrara, Bob Nielsen, and Ray Morino (1952).



Guests of the Dolphin Club (1951)

Freddy Herms as Queenie
and Jimmy Cronin as Rex
(1951)



Stan Rybicki binds the hands of blindfolded Bob Nielsen as Walt Schneebeil looks on from behind Queenie and Rex. (1951)

Dolphin News

Continued from page 3

Yoga at the Club

All levels of Yoga experience are welcomed, including beginners.

The Wednesday morning times remain the same::

7:00 – 8:15 a.m.

8:40 – 10:00 a.m.

The Friday morning class:

7:30 – 8:45 a.m.

Classes are held in the handball court. The cost per class is \$11.00 or \$10.00 per class at the class series rate. The instructor, Pamela Carrara of the San Francisco Yoga School, is a yoga, fitness and dance professional and practitioner, who has been teaching in the Bay Area for 25 years.

Yoga creates a healthy, strong, flexible vibrant body and a calmer, clearer, more focused and confident state of well-being. It compliments all physical activities.

Please wear warm, loose or non-restraining clothes. Bare feet, an empty stomach and a beginner's mind are preferable and conducive. For more information, call Pamela at 415-831-7847.

From the Editors

The deadline for submissions for the Fall issue of the *Dolphin Log* is August 1, 2000. Please leave your materials in our box in the Staib Room, mail it to the Dolphin Club, email it to sheridan@sfo.com or approach us in person.

Rowing Training

Rowing training is available for all members of the Club. Training is held the third weekend of every month and interested members must formally sign-up ahead of time on the sheets posted near the front entrance. The following are the remaining dates for training:

June 24 & 25

July 22 & 23

August 19 & 20

Sept. 23 & 24

Oct. 21 & 22

Nov. 18 & 19

Dec. 16 & 17

South End Swim Schedule

Saturday, July 2 - Crissy Field

Saturday, July 29 - Fort Point

Saturday, August 12 - Anita Rock

Saturday, August 26 - Kirby Cove

Dolphins are encouraged to help pilot South End swims (member-only swims). Please check with the Boathouse Captain or Swim Commissioner if you have any questions.

South End Volunteers

Cross Over for Boat Night

Pounding, scraping and sanding have become familiar sounds in the old Boathouse on recent Wednesday evenings. Previously, Tuesday nights had been reserved for the frequently cacophonous maintenance of the Dolphin fleet.

Apparently, a small group of South Enders looked at the Dolphin Club's collection of Whitehalls, then at their own. The result is the South End boat maintenance program. The *Log* spoke with Jon Bielinski recently about the South end volunteers crossing over.

"The main project we're working on with them is the restoration of the *Penaat*. It's a single, and it's been in their fleet for sixty years or so."

Jon doesn't think its restoration will be as comprehensive as the rebirth of the *Wieland*. "It's more like the *Cronin*, the *Hughes*, the *Landucci* or the *Foster*. All of those have been rebuilt here at the Club to take care of sixty years of use. The *Penaat* will get a new bottom, new frames and a new keel, but there will be substantial portion of the hull fabric left. The *Wieland* is down to about 8 percent of her original fabric."

When asked if this new surge in volunteerism from the South Enders would lead to the club revitalizing

their own boatbuilding program, Jon answered "I suspect that if the *Penaat* works out, they would just start cycling other boats through the same way."

Three to five South End volunteers come every Wednesday evening to offer their time and effort while learning the art of wooden boat building and restoration. He went on to say that there are no major restorations going on for the Dolphin fleet, but there is plenty of damage control and spot repair.

Jon also pointed out that there are many more benefits to boat nights than developing upper-body muscles and eye-hand coordination from scraping and sanding.

"Boat night is fun. There are a lot of experience levels. It doesn't matter if you've never done any wood-working. A person's experience level will be routed to the jobs that need to be done."

"It's intended to be an enjoyable...social time. It's commonly the Tuesday night group that plans these longer river rows—the Sacramento, the Napa, the Petaluma, now the row down to Alviso and the Montezuma Slough row, in Collinsville."

He finished by outlining on-the-water benefits to the evening labor.

"When members look after the boats, they tend to be better at taking care of the boats when they're under-way. When a seat comes off a track or an oarlock pops out, it's not a total mystery to them how to fix it. It's good background training for rowing because it makes people competent to troubleshoot when things happen on the water."

Dolphin boat night is every Tuesday from 6 p.m. – 9 p.m. The South End boat night is every Wednesday from 6 p.m. – 9 p.m. Both take place in the Dolphin Club boathouse. For details, contact Jon Bielinski at the club: 415-441-9329.

Continued on page 14

SWIM COMMISSIONER'S REPORT

by Pete Bianucci and Anthony DuComb

FIRST POLAR BEAR SWIM OF THE NEW CENTURY BRINGS OUT THE BEST IN OUR SWIMMERS

The Swim Commissioners' Report customarily recounts the Club activities of the past few months, focusing on swim competition results and significant events. By highlighting upcoming swims and competitions, it attempts to motivate swimmers, runners, cyclists, and rowers to compete in such events as the Escape from Alcatraz and Dolphin/South End Triathlons. It also helps attract support for Club individuals and teams who attempt English Channel and other swims around the globe.

Beyond doing this basic work in support of the Swim Program, the report also draws the attention of Club members to the more spiritual elements of the Swim Program. Why,

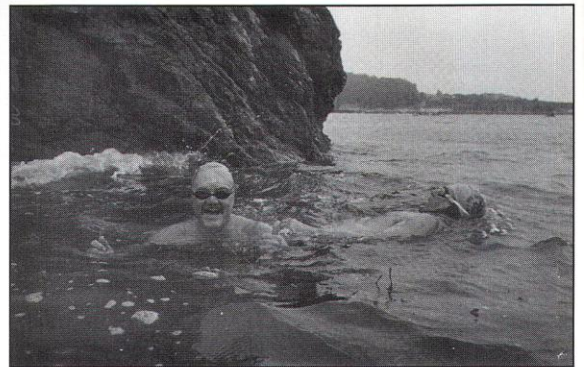
for many with one simple word: enjoyment. Most participate because they enjoy themselves when they compete, pilot and help. Others claim to swim for the trinkets. And certainly we all can appreciate the thrill of gazing up at the majesty of the Golden Gate Bridge as we stoke through the water beneath it. We know the sweet satisfaction of filling in the last required square on the winter and summer swims, or of piloting home safely a wayward swimmer. And most anticipate the day that they will be handed a low-numbered stick at the end of a swim, perhaps one even lower than that received by their regular swim partner.

One tried and true method for maximizing the pleasure you get out of the program is to recognize that it works best through active cooperation, as well as competition. Laura Merkl and Scott Haskins set an excellent example of this cooperative spirit during the last days of the Polar Bear Swim. These strong-

ly competitive swimmers played hopscotch with the mileage lead for weeks, and were in a dead heat on the last weekend of the swim. Exhausted but undaunted they agreed to each conclude the winter with 150 miles and share the victory. Both Laura and Scott are to be commended for this display of sportsmanship.

Other opportunities abound to enhance one's enjoyment with the Swim Program. Cheerful pilots and

helpers are always welcome at the swims, but greater satisfaction can be achieved with a little effort beyond what is usually required. Neophyte

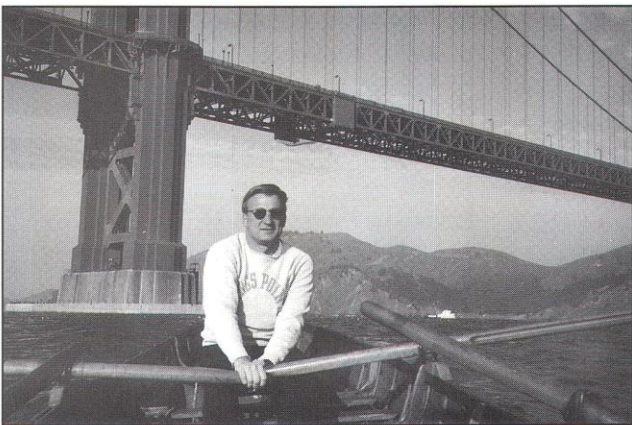


Is that a sea otter?

swimmers could use words of direction and encouragement. Untested pilots would benefit if more experienced pilots would share with them their knowledge of tides and currents. After every swim and award ceremony is completed, the *avon* crew is often still at work cleaning up the motorized craft and sometimes tinkering with the engines. They can always use assistance, even if it's only to help drag the *Arias* out of the water. And, of course, Lou Marcelli will applaud anyone who pitches in to scrub the kitchen floor after a swim event. Think about what you can contribute.

Behind Laura and Scott as they were swimming to their shared honors for the Polar Bear were seventy other swimmers who also achieved their forty-mile goal. For the second year in a row, Joe Illick prevailed in the "40x40" competition, which awards points in the Polar Bear Swim by multiplying one's years over forty times the miles swum over forty. Joe finished

Continued on page 14



Jeff piloting the Gate

for example, do so many Dolphins religiously arise early, or late, and log their miles for the Polar Bear and 100-Mile Swims? What motivates swimmers, helpers and pilots to come out for the two dozen or so official swims a year, usually on weekends and well before 8:00 a.m.? What does the program offer to those who participate in it?

These questions can be answered

DOLPHIN SWIM STATISTICS

JANUARY 23, 2000 - MARCH 19, 2000

Gas House Cove Sunday, January 23, 2000

Conditions: windy, medium flood, chop. Water temp: 52 °F



1. Jon Nakamura18:48
2. Duke Dahlin.....19:24
3. Phil Rollins.....20:12
4. Mickey Lavelle.....20:45
5. Larry Scroggins.....21:33
6. Pete Neubauer21:45
7. C. von Blankenburg.....21:53
8. Neal Powers22:38
9. Joe Illick22:53
10. Jackie Merovich.....24:07
11. Steve Counselmen.....24:16
12. Susan Cobb.....24:36
13. John Mattox24:48
14. Ken Coren.....24:56
15. Noel Turner25:04



16. Pam Stillwagon25:12
17. Roger Kleid25:21
18. Sue Garfield25:38
19. Jerry Cullen26:04
20. Tony DuComb.....26:07
21. Tom Kernan.....27:49
22. Era Osibe29:01
23. Delores Meehan.....29:20
24. Ed DeCossio.....30:16
25. Pete Bianucci.....30:30

26. John Theede.....32:06
27. Debbie Rose.....32:25
28. Don Reid.....36:20
29. Paul Brady.....36:21
30. Steve North.....36:38

Pilots: Susan Allen, Ray Artigues, Louise Bea, Gary Bushnell, Mary Cantini, Barry Christian, Peter Darlington, Jeff Deren, Gary Ehram, Stu Etzler, Jim Fagen, Nancy Friedman, Don Harrison, Rueben Hechenova, Deb Henning, Kathleen McKinley, Margaret Keenan, Lorna Newlin, Dan Osborne, Al de la Peña, Lisa Smith, and Dave Zovickian.

Helpers: Pete Bianucci, Laura Burtch, Duke Dahlin, Susie Dods, Anthony DuComb, Tom Dugan, Sue Garfield, Gail Grynbaum, Lee Hammack Sid Hollister, Krist Jake, Jon Nakamura, Mimi Osborne, Neal Powers, Will Powning, Phil Rollins, Debby Rose, Gina Rus, and Binnie Winn.

Mid Winter Cove Swim Sunday, February 13, 2000

Conditions were choppy with a strong ebb. Heart designed course. Water temp was 53° F.

Long Course

1. Mickey Lavelle.....26:26
2. Larry Scroggins28:38
3. E. Von Blankenburg.....29:18
4. Rebecca Tilley29:47
5. Joe Illick.....29:48
6. Neal Powers29:53
7. Susan Cobb.....32:57
8. Tony DuComb.....34:03
9. Barry Christian.....34:20
10. David Zovickian35:07
11. Jerry Cullen.....35:57
12. Susan Garfield.....35:54
13. Ed De Cossio42:27
14. Pete Bianucci.....48:32

Short Course

1. Dan Osborne13:37
 2. Debbie Bispo15:30
 3. Noel Turner17:03
 4. Sid Hollister17:54
 5. Era Osibe19:27
 6. Noel Frelicot19:58
 7. Emily Roth21:38
 8. Debby Rose22:32
 9. Ray Artigues26:09
 10. Walt Schneebeli.....28:29
- Pilots:** Susan Allen, Jim Fagan,

Stuart Gallart, Colin Gift, Don Harrison, Reuben Hechenova, Ned Hoffman, and Conrad Von Blankenburg.

Helpers: Jay Donato, Anthony DuComb, Sue Garfield, Rey Hassan, Deb Henning, Sid Hollister, Joe Illick, Roger Kleid, Phil Kohlenberg, Mark McKee, Mimi Osborne, Neal Powers, Phil Rollins, Debby Rose, Brenda Shiplett, and Rebecca Tilley.

Spring Cove Swim Sunday, March 19, 2000

Conditions were choppy, strong flood, water temp was about 54° F.

Long Course

1. Scott Haskins23:20
2. Laura Burtch25:17
3. Adam Engelskirchen25:40
4. Liam Hennessy.....25:45
5. Heidi Schriefer26:49
6. Micky Lavelle29:00
7. Elmer Tosta31:30
8. Margaret Keenan.....32:00
9. Todd Oppenheimer.....32:20
10. Phil Scarborough.....32:31
11. Greg Hicks32:58
12. Sunny McKee32:04
13. Mark McKee33:37
14. Pete Neubauer33:46

23. Cecilia Minalga.....48:52
24. Debbie Rose.....49:17
25. Pete Bianucci.....51:10



Short Course

1. Dan Osborne.....13:35
2. Lisa Smith14:32
3. Bob Colyar15:29
4. Tom Kernan.....19:43
5. Rudy DeMay.....23:25
6. Paul Brady.....30:27

Pilots: Susan Allen, Stu Etzler, Jim Fagan, Stuart Gallant, Harry Geser, Colin Gift, Bill Pickelhaupt, Eric Shackelford, Erik von Blankenburg, and Conrad von Blankenburg.

Helpers: Pete Bianucci, Bob Colyar, Suzie Dods, Anthony DuComb, Lee Hammack, Scott Haskins, Greg Hicks, Sid Hollister, Pat Howard, Joe Illick,



15. Neil Powers33:46
16. Joe Illick.....35:30
17. Steve Councilman36:50
18. Robin Rome37:50
19. Susan Cobb.....39:52
20. Anthony DuComb40:30
21. Anne Sasaki41:56
22. Roger Kleid46:18

Steve Latham, Mickey Lavelle, Peter McLaughlin, Laura Merkl, Todd Oppenheimer, Mimi Osborne, Meg Reilly, Phil Rollins, George Robin, Debby Rose, Noel Turner, and Steve Worthington.

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Dolphin News

Continued from page 11
Photos Make a Splash
At July 23 Art Show

Dolphin Club member Susan Lauritzen's portraits of Dolphin Club members will be the centerpiece of our first-ever Photo and Art Show, to be held Sunday, July 23, from 11 a.m. to 4 p.m., at the Club (right after the Pier 39 swim).

The show will also feature the Club- or Bay-themed paintings, drawings, photographs, and sculpture of other Club members. Interested participants should sign up at the Club or contact Nancy Friedman at 510-652-4159 or nancyf@wordworking.com. Deadline for sign-ups is July 8, 2000.

Friends, family, and members of the community are welcome to attend the show. Refreshments will be served.

Susan's photographs were made with a Hewlett-Packard digital camera and printer that were donated to the

Club as part of H-P's "100 Cameras" project, coordinated by Club member Anh Crutcher. The results can be seen at the company's Web site, www.h-p.com/100cameras, beginning June 1. Each of Susan's portraits is accompanied by a brief quote from the subject expressing why he or she swims or rows at the Club. Don't miss this remarkable tribute to our Dolphin Club community!



Sebastian Bea and Ted Murphy at the Olympic Trials

Breaking News: Dolphin Sebastian Bea Makes US Olympics Rowing Team

On Sunday, June 11, Dolphin Club and US National Team Member Sebastian Bea and his pair partner, Ted Murphy, raced in the Olympic Trials

in Cherry Hill, New Jersey. With Sebastian stroking, the pair prevailed, earning them the right to represent the United States in the pair in Sydney in the Olympics in September. First, however, they must qualify the boat in Lucerne this July. Their winning time of 6:18, equal to the world record, bodes well for that race.

Perhaps now Sebastian will be allowed to compete in the Dolphin/South End Triathlon. Three years ago, then Rowing Commission Phil Reiff said of Seb's request to participate, "Well, I don't know, we have a lot of strong guys." Photo credit: Rowing News.

Swim Report

Continued from page 12

with 1902.5 points (twenty-five years over sixty times 76.5 miles over the forty-mile target). Jon Nakamura sped in first on a cold Gas House Cove Swim, and Mickey LaVelle powered around Aquatic Park to grab the number-one stick in the Midwinter Cove. Scott Haskins won the Spring Cove,

and in the first open water swim of the spring season, Becky Fenson reappeared to garner another first in the Pier 43 Swim.

Keep an eye on the downstairs bulletin board for other events, such as Ben Owen's Triathlon Squares Competition. And remember: enjoy yourself!



2000 SWIM SCHEDULE

Schedule Subject to Changes

<i>Date</i>	<i>Event</i>	<i>Jump-Off</i>
December 21, 1999 - Tuesday	Polar Bear Swim Begins	
January 1 - Saturday	New Year's Day Alcatraz and Cove	.09:00
January 23 - Sunday	*Mid-Winter Gas House Cove	.11:00
February 13 - Sunday	Mid-Winter Cove	.09:00
March 19 - Sunday	Spring Cove	.09:00
March 21 - Tuesday	Polar Bear Swim Ends	.23:59
April 9 - Sunday	*Pier 43 1/2	.09:15
May 20 - Saturday	*Dick Beeler Crazy Cove	.09:00
June 1 - Tuesday	100 Mile Swim Begins	.00:01
June 3 - Saturday	*Yacht Harbor	.09:30
June 23 - Friday	*Twilight Cove - Pot Luck and BBQ	.18:00
July 1 - Saturday	*Crissy Field	.08:30
July 15 - Saturday	*Trans Tahoe Relay	TBA
July 23 - Sunday	*Pier 39	.08:00
July 30 - Sunday	*Fort Point	.08:00
August 5 - Saturday	*Santa Cruz Pier Swim	.11:00
August 13 - Sunday	*Doc Howard - Over 45 - Gas House Cove	.9:00
August 20 - Sunday	*Over Sixty Cove - Swim fees not necessary	.10:00
August 20 - Sunday	Introduction to Bay Swimming	TBA
August 27 - Sunday	*Gas House Cove	.10:00
September 15 - Friday	*Twilight Pier 43 1/2	.18:30
September 24 - Sunday	Alcatraz	.10:30
October 7 - Saturday	Joe Bruno Golden Gate II - Slow Day	.09:00
October 8 - Sunday	Joe Bruno Golden Gate I - Fast Day	.10:00
October 15 - Sunday	Dolphin/South End Triathlon	.09:00
October 22 - Sunday	Escape From Alcatraz Triathlon	.09:00
October 31 - Tuesday	100 Mile Swim Ends	.23:59
November 5 - Sunday	Handicap Cove	.09:00
November 11 - Saturday	Annual Swim and Pilot Appreciation Dinner	.19:00
November 23 - Thursday	Thanksgiving Day Cove	.09:00
December 17 - Sunday	New Year's Day Alcatraz Qualifier	.09:00
December 21 - Thursday	Polar Bear Swim Begins	.00:01

• Swim Program Rules •

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commission.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

• Additional qualifications for Alcatraz and Golden Gate Swims •

10. In-town members must successfully complete 2 swims marked with a wheel (⊛) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, non-qualified members will be given priority to qualifying swims.

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Hike & Dip *First row, kneeling left to right:* Remo Tocchini's sons, Don Baggiani, Joe Bruno, Geno Lucchesi, Leonard Gelardi, Jr., Leonard J. Gelardi, Scotty Tarantino, Bill Mahood Jr. and Bill Mahood. *Second row, left to right:* Dino Landucci (with Joe Bruno, Jr.), Stan Rybicki, Ralph Mackay, Leo Venezia, "Moon" Baggiani, Bob Nielsen (behind), Michael Desmond Jr, Jimmy Cronin, Mike Desmond Sr, John Sargis, (Charlie Ackerland behind) (Louis Dalgero), Chris Saranis with Tom Troneum behind. *Third row, left to right:* Ed Dollard, Gus Perlite, (Bud Sterling in front), Wayne Alexander, Bob Borgeson, Dominic Garassino, Pete Compana, Remo Tocchini, Paul Silvester, Frank Mennucci, (Laughton Hughes in front), Mike Scafani, (Virgil Anderson in front), Joe Weiss, Harold Dondero, Carl Luders, Syd Foster, and Duke Dupuis (1947).

Fall 2000

DOLPHIN LOG

The Official Bulletin of the Dolphin Swimming and Boating Club • San Francisco, California • Established in 1877

STAYING POWER



OVER-60 COVE SWIM
SUNDAY, AUGUST 20, 2000

DOLPHIN BULLETIN BOARD

News and Notes for the Dolphin Club Membership

Walt Swims the Gate— Fifty Years Later

Fifty years after he first swam across the Gate, Dolphin member Walt Schneebeli triumphantly repeated the feat—easily accomplishing what only a few even dream about. Jumping in with the rest of the pod for the Golden Gate swim on October 7, Walt stroked his way across the usually treacherous waters of Gate in exactly one hour, just 5 1/2 minutes longer than his first try fifty years ago. Congratulations Walt!

Goodbye to the 24 Stairs

The recent Over 60 Cove Swim was a special day for many. Apart from the usual energy and excitement that usually accompanies this swim, the Dolphin Club also celebrated the completion of the lady's locker room and held a dedication ceremony of the new elevator to the memory of the late Lou Gallic.

Organized by Boathouse Captain Reuben Hechanova, the day of celebration and remembrance held special meaning for Mineko Gallic. As wife,

Mineko said recently that Lou would stoically climb the 24 steps every day without stopping. "He never complained," about the long climb recalled Mineko "Sometimes I heard him groaning, but he had such strong will power...he never showed his weakness." Clearly, had there been an elevator, he could have used it, along with several other Dolphins.

Mineko was proudly present at the ceremony as plaques were placed on the two elevator doors. The event also served as a way for Mineko to thank the Club and its membership for their support and love during her time of loss. A strong yet humble woman, it has been difficult for

Mineko to express her gratitude and appreciation for all who were there for her.

"The Club is a great place when everything is going well, but when something happens and you are in need of help, people will come to you and help you without being asked," she said.

After her husband passed away, warm thoughts and kindness from members helped her tremendously. "Many people extended themselves to me and I did not know how to properly express my appreciation." She added that the plaques serve as a remembrance of Lou and for those who have helped her. She concluded

"the Dolphin Club is a great place to be and I realize how lucky I am to be part of the family."

Along with the clear blue skies, the day brought quite a few people down

to the Club for the ceremony. There was fun, food, champagne, and even a cake, which Megan Sullivan adorned with the phrase: "Right to the top, Louis."

Moon on the Rise

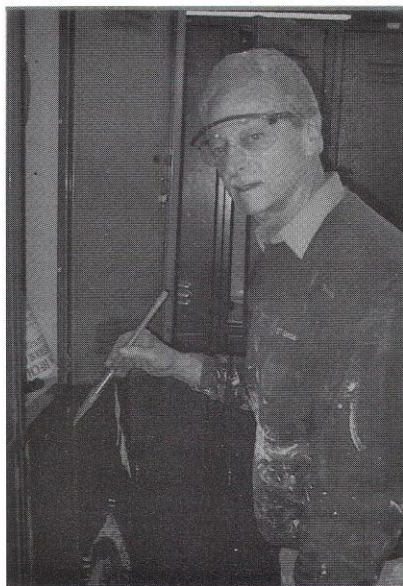
Rico "Moon" Passanisi continues to recover from a stroke suffered in September. He is walking on his own and plans to be back making his usual all purpose contribu-

tions to the Club soon.

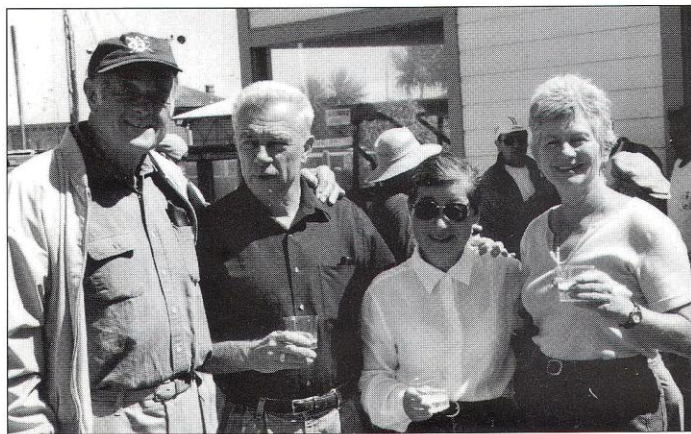
Dolphin Dods Conquers Channel

This past August, Dolphin member Suzie Dods accomplished a goal she had been dreaming about for some time. Ever since swimming across the English Channel as a member of two different relay teams back in 1992 and 1993, she has wanted to complete the journey as a solo swimmer.

Arriving in Dover, England on the 4th of August, Suzie quickly got the call she was waiting for: her opportunity to cross would take place the next day. With perfect weather conditions in place, Suzie set out from Shakespeare beach on August 7. Watching from the shore were her mother and aunt. Fellow Dolphin Tina Scott accompanied her on board the pilot boat the *Sea Satin*. The pilot craft was helmed by captain Lance Oram and co-pilot Graham Phillip and observer Norman Trusty, a member of the English Channel Swimming Association. All kept a watchful eye on the ambitious swimmer.



Moon in usual form



Mineko and friends

swim partner, and companion to Lou Gallic, she witnessed his daily difficulty navigating the stairs to the 2nd floor of the boathouse. He accomplished this day after day, despite his advanced years and the shrapnel lodged in his legs from his heroic service in World War II.

DOLPHIN LOG

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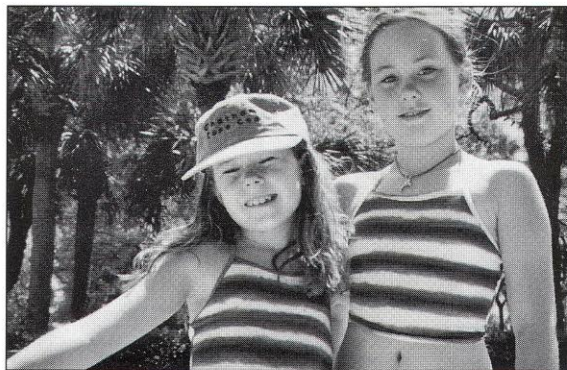
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"Conditions were awesome, the water was warm and flat," reports Ms. Dods. "For three hours there was no wind at all, just calm waters, and sunshine." Despite the usual heavy vessel traffic in the Channel, Suzie easily avoided all the ferries and tankers. Focusing on what she enjoyed best, Suzie envisioned chocolate cake and steak throughout the swim.

She finished the crossing about one mile southwest of Wissant, France, with a pleasing time of 12 hours, 37 minutes. It was "way faster then what I expected (13-15 hours)," said Suzie. "It's 50 percent luck and I got lucky." With a stroke count of 58 - 60 per minute, it's estimated that Suzie took 43,200 strokes in the crossing.

ly, sunlit breakfast after the event. Dolphins basked in more than just the



Lou Marcelli's friends, Shannon & Annie Heth, frolicking on Cape Cod

rays for the first time in six years, the last time the DC bested the SE.

Great performances and unique esprit de corps carried the day, supported by favorable weather and solid logistics.



Dolphin runners after their triumphant win

"I have so many people to thank at the Dolphin Club," said Suzie.

"To all those who lent emotional support to me throughout the process, thank you—for your assistance, time...and monetary assistance."

Dolphin Club Prevails over South End in Triathlon

The result of equal parts effort and inspiration, Dolphin running, swimming and rowing teams defeated the South End Rowing Club in overall points on Sunday, October 14th.

The South Enders hosted a friend-

New Years Eve Celebrations

The Entertainment Committee wishes to announce The Moon Passanisi First Annual New Year's Eve Celebration, which will be held on December 31, 2000 at the Dolphin Club. The ticket prices have yet to be determined, but the evening will include dinner, champagne and more.

Plans are being made now to develop and present this event to Dolphin Club members and their guests. As we progress further, we

Continued on page 13

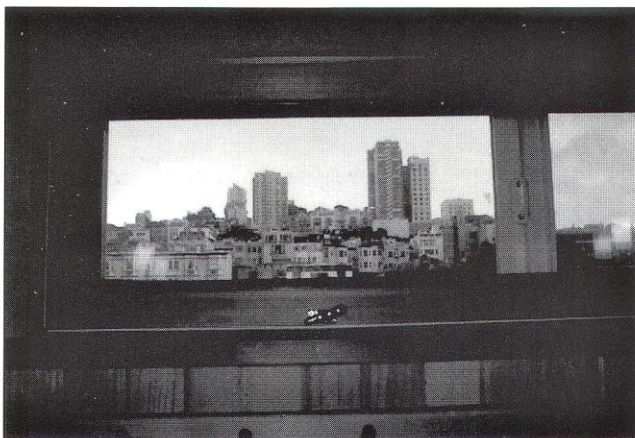
PRESIDENT'S MESSAGE

by John Theede

What Lies Ahead

Building Projects

This past year has been a very busy one at the Club, with the completion of the new women's locker room, which



View from the new women's locker room sauna

was formally dedicated with a champagne toast on the sun deck after the Old Timer's Swim this year. The new locker room is a major improvement from the old women's quarters, offering larger shower and sauna areas, that provide ample space for cleaning and warming up after events. There are also



The Kebbe on board

now enough lockers for all of the current female members, with room to spare.

The Building Committee has been authorized by the Board to begin work on plans for the final phase of the locker room remodel. In this phase, we will remodel the portion of the men's locker room formerly occupied by the women, specifically the small area with

the red metal lockers. The plans have been downscaled from the initial plans, and the room will remain the same size. A little space for some additional metal lockers will be gained by removing the old sauna and shower from that area. We will be replacing the toilets, and providing a handicapped access toilet, as we did in the new women's locker room.

Since this project will not require much interaction with San Francisco's Building Department regarding plan approvals, we may be able to go forward with it fairly soon. As soon as Lee Hammack, our architect, completes plans for the downscaled project, we will have a better idea of its cost. At that time, if we have enough funds in the capital building account, we can proceed to bid out the work. There are still some details to be resolved, but the future looks good for the locker project.

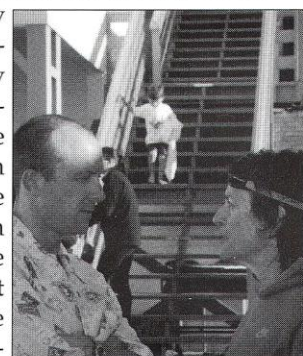
Swim Program

Suzie Dods has agreed to serve as swim commissioner for 2001. She assumes this complicated job from outgoing commissioners Pete Bianucci and Anthony DuComb. Both Pete and Anthony have served the Club with distinction for several years now and deserve our thanks.

They announced early this year that this would be their last year running the program. We now need people to come forward to help learn how to

run our swims safely and effectively. This is a very important aspect of our Club, and like all of our programs, is run entirely on *volunteer* power.

Suzie will need a lot of help from membership. The swim commissioner's job includes selecting the dates and times for the swims and performing the management of the events, which primarily includes ensuring the safety of all the swimmers. We pride ourselves on running the safest swims on the Bay, and we need to keep it that way. There are many different tasks associated with getting this job done well. Pete and Anthony have made it clear that they

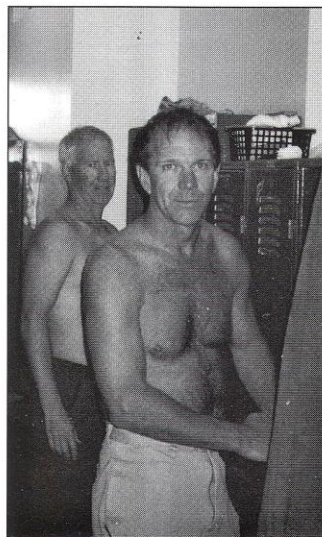


Still talking about the election?

will help the new commissioner get up to speed on how to perform them.

Please don't let the swim program sink! If you enjoy the Club and the swimming events, take this opportunity to give something back, and help out with this terrific program. Once you get involved in the actual running of these great events, you will get much more out of the Club and learn a great deal more about swimming and boating on the bay. Talk with

Suzie about how you can become a more active participant in the swims and help keep our world-class program from becoming lost at sea.



Dolphin GQ Models

THE ANNUAL HARTNETT PIER-TO-PIER INVITATIONAL

The Fourth Annual Hartnett Pier-To-Pier Swim, held on September 9 of this year, was, by far the best. The cold foggy weather that had dogged the swim for the past two years gave way



to a pleasant afternoon and evening. Later on, a little finger of fog did slip into the Bay, but stayed clear of Aquatic Park Lagoon. Members and their guests were very generous in providing food and drink for the potluck. The galley was alive with amateur chefs anxious to show off their culinary expertise, while Sean Hartnett lorded over the barbecue as if it was his second baby.

He complained and logged protests with anyone who would listen. Mary Beth labored in the galley, looking as lovely as ever. Stephanie Cain was there also, but did not swim, (I wonder why?). Pat Howard arrived with her daughter, Pat Howard, Jr. in

town (I'm not sure which side of the family she resembled). I guess swimming runs in the family, because Pat, Jr. took home the trophy for the fastest female swimmer.

Mark Deadder was the fastest male swimmer again, beating his previous world record. Three events were added this year so that everyone could participate on a level that they were comfortable with. There was the fastest female swimmer; the relay swim (won by the *only* relay team participating: Mark O'Hara and Matthew C. Sheridan); and there was the women's synchronized swim.

This team consisted of Pat Howard, Sr., Megan Sullivan, Suzie Dods, and Monica Towers. There was another special event: the debut of Sean and Deanne Hartnett's brand new baby, Julia, who also had a good time, and voiced her opinion often. Pete Bianucci and Meg Reilly were present, beaming over their new grandchild, and later on Meg even got on the stage to sing a duet with Matthew, who was doing his Frank Sinatra shtick.

Neil Hartnett was cited several times by Sean Hartnett for not being present during some of the swims, while High Commissioner Al de la Peña, kept a watch-

ful eye on the participants and the swims to make sure all the events were executed properly according to *his* rules. Matt tried to mouth off, but Al would have nothing to do with that. Pat Howard had two other guests, Beth Baker and the soft spoken Lisa Messina, who commented favorably of the Hartnett (Continued on page 13)

Pier-to-Pier Results

(brought to you by Nick Blum)

Seas: wet and cold, wind: kinda windy, tide: small "in your face!" flood, course: South End pier to Dolphin pier.

- 13.83* Mark "The Flash" Deadder
(second year in a row)
- 15.98 Tom Kuglen - 1st Pollywog
- 17.50 Neil Hartnett
(a little slip from his 1999 time of 17.48)
- 18.40 Pat Howard - Most Improved!
(6.5 seconds better than 1999!)
- 19.20 Bob Blum
- 19.90 Suzie Dods (prefers longer swims!)

Youth Division

- 21.39* Nicholas Blum - 1st Trekker!

Relay Teams

- 22.80* Matthew C. Sheridan & Mark O'Hara - Clink!

Synchronized Swimmers (Kinda)

- 30.01 Pat Howard**, Monica Towers,
Suzie Dods** and Megan Sullivan

* New World Record, ** Double Dippers

Pilots: Al de la Peña (Can you pilot from the dock?)
Kitchen Help & Set-Up: Stephanie Cain, Bob Blum, and Barry Christian.

High Commissioner: Al de la Peña (Don't give him the mike again!)

Crooners: Al de la Peña, Matthew C. Sheridan, and Meg Reilly.

Timers/Recorders: Megan Sullivan and Mark O'Hara.

Protestors: Sean Hartnett.

"They may swim, they may train. They may weep, they may wail. But as in Brigadoon...they may not challenge again 'till 2001!"

—Neil Hartnett

THE GOLDEN GATE SWIM - 50 YEARS AGO

Right photo, from left to right:
Fred Herms, Walt Schneebeli,
Walt Taylor, Bill Schroeder, and
Joe Paoli.

*Opposite page, top photo, left to
right:* Cliff Quist, Joe Paoli, Don
Biaggiani, Remo Tocchini, Pete
Salvata, and Max Weber.

Opposite page, lower photo: Gate
Swim winner: Ray Carmassi. The
vessels used to ferry swimmers
was an LT365 Army Tug.



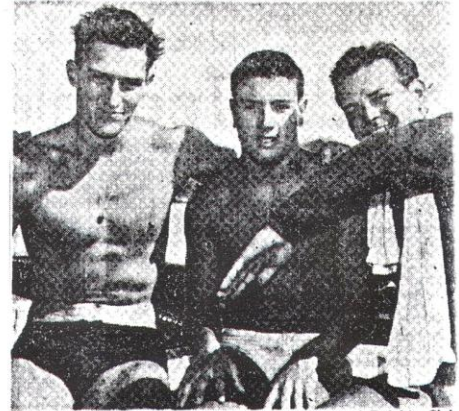
Dolphin Club 33rd Golden Gate Swim, September 17, 1950

From left to right, back row: Antone Gelardi, Greg Degear, Marty Vermeulen, Joe Mares, E. "Shoes" Schunemann, Ray Carmassi, Paul Silvester, Don Baggiani, Remo Tocchini, Joe Bruno, Cliff Quist, Jim Healy, Don Mozzetti, Ted Monell, Walt Taylor, Fred Herms, Walt Schneebeli, Bill Schroeder, Leonard J. Gelardi, Bill Brennan, Leonard Gelardi Jr., Joe Paoli, Pete Salvato, Bill Mahood Sr.. Middle row: Jim Cronin, Mel Scontrino. Front Row: Raymond Baggiani, Ray Dufour, John McElroy, Jim Morino, Tom Guilfooy, Wayne Alexander, Ray Sangalli, Ed Kenny, Roland Demarais, Bill Mahood Jr., Frank Adams, Ray Morino.



Swimming Dolphins

9/18/1950



Ray Carmazzi (right), winner of the 33rd annual Dolphin Club swim across Golden Gate, shows Donald Mozzetti (left), who finished third, and Jimmy Moreno, second, the stroke that took him across the channel in 30 minutes 16 seconds. Thirty-one swimmers finished the swim from Fort Point to Lime Rock yesterday.



Carmassi Grabs Swim

9/18/1950

Ray Carmassi justified predictions yesterday by winning the thirty-third annual Golden Gate swim of the Dolphin Club, but 19 year old Jimmy Moreno provided an upset by finishing second. Times were slow, Carmassi leading thirty other swimmers across in 30 minutes, 16 seconds, eight minutes ahead of the runner-up. Carmassi's time last year was 25:58.

Moreno touched Lime Rock in 38:15; Donald Mozzetti came in third at 38:47, and Lenny Gelardi, counted upon to finish second again as he had last year, was fourth at 39:42.

The swimmers dove off the LT 367, Army tug, at 10:20, from a point just inside the Golden Gate Bridge off Fort Point. Walt Taylor, the last one in, made it in 75:15.

Paul Sylvester, who completed a quarter century of crossings with his twenty-fifth swim, made eighteenth.

Order of finish:

Ray Carmassi, 30:16; Jim Morone, 38:5; Donald Mozzetti, 38:47; Leonard Gelardi, 39:42; Joe Bruno, 39:50; Jim Healy, 41:07; Ray Sangalli, 41:59; Cliff Quist, 41:59; Bill Schroeder, 43:45; Wayne Alexander, 44:32; Martin Vermuellen, 47:10; Tom Gullfof, 47:15; Pete Salvato, 47:30; Shoes Schumacher, 49:32; Ted Monell, 50:50; Joe Hares, 51:21; Mel Scontrino, 53:04; Paul Sylvester, 53:07; Walt Schmechel, 54:38; Fred Herms, 58:12; Antonio Gelardi, 58:13; Frank Adams, 58:37; Roland Donarais, 61:24; Remo Tocchini, 62:13; John McElroy, 62:33; Bill Mahood, 63:02; Ray Dutour, 63:14; Don Baggini, 61:13; Leonard J. Gelardi, 61:25; Bill Brennan, 72:10; Walt Taylor, 75:15.



SWIM COMMISSIONER'S REPORT

by Pete Bianucci and Anthony DuComb

Summer Swim Season Completed

The Spring-Summer swim season began in the chill of the Pier 43 1/2 Swim on April 9th, and concluded with a balmy Gas House Cove race on August 27th. Becky Fenson bested 35 brave swimmers in the former event, while Todd Walsh zipped to the finish ahead of 53 competitors in the latter swim. Sandwiched between these two events were numerous other Club sponsored swims, three months of the 100-Mile Swim, and the Lake Tahoe and Santa Cruz Pier Swims.

In large part through the efforts of Debby Rose, the collection of the all-important swim fees has run smoothly, with 150 swimmers paid up as of the end of August. Member participation in swims has been widespread and enthusiastic, with large numbers of swimmers leaping and running into the waters for almost all of the events. Nick Blum took "Stick Boy in Training" Noah Zovickian under his tutelage, and together they were more than once called upon to break out 50-plus sticks for the beach finishes.

The pilot turnout frequently provided the most desirable 1 to 2 pilot to swimmer ratio. Helpers abounded, and under Sue Garfield and Sid Hollister's leadership the bagel, donut and oatmeal treats were ample and fulfilling. Scores of members completed the 100-Mile Swim, and attendees at the annual Introduction to Bay Swimming program surpassed a few dozen. Even the contingency plan of awarding unused trinkets to divert part of the swim program budget to

the women's locker room project met with good humored success. Those who cheerfully accepted old frisbees and unwanted pasta measurers were rewarded with special trinkets for the Alcatraz and Joe Bruno Golden Gate Swims. By almost any measure, the season was a rousing success.

Others who stroked long and hard, and in some cases short and easy, to prevail in various events warrant recognition. Todd Walsh, Dan Osborne and Era Osibe took the long, short and shortest course laurels for the Dick Beeler Crazy Cove. On a June 23rd Twilight Cove Swim, Owen Vittenger and backstroking James Vanya finished first in the long and short courses respectively. And in a choppy Pier 39 Swim, Laura Burtch met Noah on the beach to receive stick number one.

Scott Haskins led 58 swimmers from Yacht Harbor; Laura brought 40 stalwarts home from an extra lengthy Crissy Field Swim, and Becky Fenson broke the hour barrier from Fort Point to lead 22 others to the finish line. All of these events had terrific pilot coverage. Not satisfied with the Bay, two dozen Dolphins trekked up I-80 in July to swim across Lake Tahoe and attend the Club's annual picnic hosted by Vince Huang. In August, another 30 traveled to south for the Santa Cruz Pier Swim.

The chronologically challenged events generated the most excitement. Sean Kelly made one of his rare appearances for the Doc Howard Over 45 Gas House Cove Swim, where he triumphed

in a fiercely competitive pod of 53 swimmers. The Over 60 - Cove Swim offered four courses, some newly minted eligible swimmers and ample competition for all.

Professor Joe Illick

taught all comers a lesson and took first in the long-mile course, Mary Lou Hirschfeld struck gold in the shorter-mile course, and Mariuccia Iaconi squeaked by Mineko Gallic in the short-mile course. Commodore Lou Marcelli won the "Mileage not Available" course with a 10 minute or so time against his field of three.

The cost of the renting craft for the Golden Gate, Alcatraz and Escape from Alcatraz events has more than doubled, requiring a short-term substitution of smaller and less expensive vessels. This problem is not expected to disappear, and thoughtful swimmers will be called upon for creative ideas for a long-term reassessment of how to defray the vessel costs of these vital swims. In addition, volunteers have yet to be found to assist the new swim commissioners, help in the kitchen, and compile results and collect swim fees. The influx of new members, swimmers and pilots will require updated pilot training. If the exuberance demonstrated over the past months is any indication, the swim program's success should be sustained for the remainder of the year and extended into 2001.



Deanne with baby Julia



DOLPHIN SWIM STATISTICS

APRIL 9, 2000 - AUGUST 27, 2000

Pier 43

Sunday, April 9, 2000

There was a slight ebb. Water temp was 53 F° degrees.

1. Becky Fenson	14:58
2. Laura Burtch	16:40
3. Jon Nakamura	18:40
4. Jay Donato	18:51
5. Peter Darlington	18:52
6. Margaret Keenan	19:11
7. Alan Budenz	19:54
8. Todd Oppenheimer	20:12
9. Peter McLaughlin	20:14
10. Diane Sosnoski	20:16
11. Joe Illick	20:31
12. Greg Hicks	20:38
13. Conrad vonBlankenburg	20:41
14. Peter Newbauer	20:42
15. Krist Jake	20:46
16. Mark McKee	20:54
17. Sunny McKee	22:11
18. Nancy Friedman	23:14
19. Mark Mullen	24:20
20. Noel Turner	24:52
21. Sue Garfield	24:56
22. Tom Kernan	24:59
23. Ray Hassen	26:00
24. Joe Cowan	26:09
25. Larry Wisch	26:16
26. Jim Grant	27:27
27. Mary Sancimino	27:36
28. Tom Sancimino	28:22
29. Gail Grynbaum	28:31
30. Debby Rose	30:11
31. Sarah McCuskey	31:00
32. Paul Brady	32:19
33. John Theede	34:37
34. Pavla Podolska	35:04
35. Don Reid	35:06

Gift, Roger Hansen, George Kebbe, Phil Kohlenberg, Jennifer Lamers, Susan Lauritzen, Kathy McKinley, Eric Mellinger, John Pelka, Bill Pickelhaupt, George Robin, and Emily Roth.

Helpers: Debbie Bispo, Paul Brady, Pam Derks, Jay Donato, Anthony DuComb, Sue Garfield, Robin George, Jim Grant, Lee Hammack, Rey Hassan, Deb Henning, Greg Hicks, Sid Hollister, Sarah McCuskey, Mark McKee, Sunny McKee, Laura Merkl, John Meyers, Mark Mullen, Pavla Podolska, Debby Rose, Susan Schippmann, Walt Schnebbel, Dave Zovickian, and Noah Zovickian.

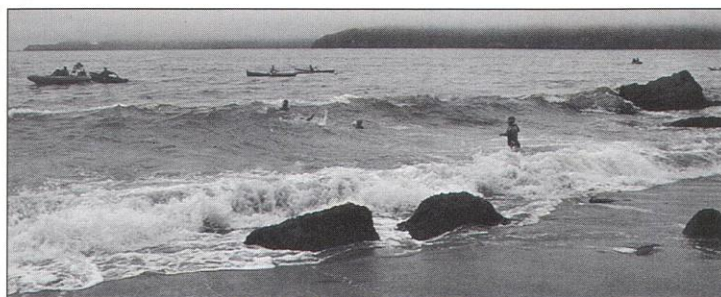
Crazy Cove

Saturday, May 20, 2000

Brisk breeze, temp 56-57, challenging course. Short course participants required to capture 1 or 2 colored wrist bands, long course required 6 bands (about 1 mile).

Long Course - 6 Wrist Bands

1. Todd Walsh	24:10
2. Jay Donato	28:17
3. Margaret Keenan	30:21
4. David Rich	30:33
5. Krist Jake	31:20
6. Joe Illick	31:44
7. Bonnie Winn	33:15
8. Barry Christian	33:23
9. Tom Davis	34:02
10. Robin Rome	35:50
11. Gail Grynbaum	42:00
12. Debbie Rose	42:41



A turbid start at Fort Point

Shortest Course - 1 Wrist Band

1. Era Osibe	10:08
2. Emily Roth	10:10

Pilots: Susan Allen, Ray Artigues, Michael Auerbuch, Pete Bianucci, Jon Bielinski, Ken Coren, Padriac Doyle, Stuart Gallant, and Reuben Hechnova.

Helpers: Dave Barry, Tom Davis, Suzie Dods, Anthony DuComb, Sue Garfield, Scott Haskins, Ray Hassen, Sid Hollister, Joe Illick, George Kebbe, Margaret Keenan, Susan Lauritzen, John Pelka, Don Reid, Phil Rollins, Debbie Rose, Deb Spaulding, and Pam Stillwagon.

Crissy Field

Saturday, July, 1, 2000

Three groups, 8:30am start, overcast, some chop, water 60+, very nice swim.

1. Laura Burtch	42:52
2. John Davies	44:07
3. Laura Merkl	44:09
4. Candace Kelly	45:40
5. Margaret Keenan	45:56
6. Phil Rollins	45:58
7. Phil Scarborough	46:44
8. Phil Hadley	47:28
9. Conrad vonBlankenburg	48:15
10. Sunny McKee	48:17
11. Tom Hoffman	48:20
12. Peter McLaughlin	48:45
13. Joe Illick	48:47
14. Kate Coleman	48:49
15. Neal Powers	49:00
16. Gina Bianucci	49:03
17. Megan Sullivan	49:07
18. Pete Neubauer	49:07
19. Mark McKee	49:44
20. Jennifer Lamers	50:06
21. Eric Shackleford	50:08
22. Greg Hicks	50:26
23. Bob Blum	51:14
24. Debbie Bispo	51:45
25. Joe Ferrero	52:32
26. Matthew C. Sheridan	53:20
27. Robin Rome	53:23

28. John Maddox	53:54
29. Ken Coren	53:59
30. Anthony DuComb	54:06
31. Pam Stillwagon	54:47
32. George Robin	55:20
33. Ray Hassan	55:21
34. Nancy Horner	55:23
35. Steve Townsend	55:48

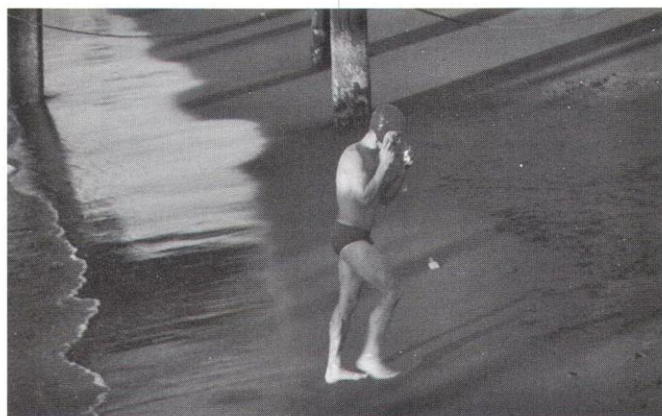


Now, did you really pay your swim fees?

36. Jim Grant	57:20
37. Larry Wisch	58:00
38. Pat Howard	61:36
39. Mary Cantini-Norkin	62:06
40. Pavla Podolska	71:35

Pilots: Ray Artigues, John Bielinski, Karen Boyer, Andy Camous, Barry Christian, Rich Cooper, Bob Danielson, Peter Darlington, Ed DeCasio, Padraic Doyle, Peter Drino, Gary Ersham, Richard Fagan, Bob Fewster, Stuart Gallant, Colin Gift, Brian Gilbert, Mark O'Hara, Rueben Hechanova, Phil Kohlenberg, Kathy McKinley, Eric Mellinger, Dan Osborne, Al de la Pena, Emily Roth, Heidi Schriefer, Larry Scroggins, John Selmer, Eric vonBlankenburg, and David Zovickian.

Helpers: Nick Blum, Paul Brady, Kate Coleman, Suzie Dods, Anthony DuComb, Tom Dugan, Phil Fernandez, Jim Grant, John Horner, Joe Illick, George Kebbe, Tom Kernan, Krist Jake, Marla McGowan, Pete Neubauer, Lorna Newlin, Dan Osborne, Mimi



Fresh from the brine

Pilots: Barry Christian, Rich Cooper, Anh Crutcher, Jerry Cullen, Albert de la Pena, Ed DeCossio, Jeff Deren, Suzie Dods, Gary Ehram, Jim Fagan, Stuart Gallant, Colin

13. Pat Howard	44:18
14. Cecilia Minalga	45:22
15. Gary Ehram	49:20

Short Course - 2 Wrist Bands

1. Dan Osborne	20:30
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Osborne, John Pelka, Pavla Podolska, Neal Powers, Don Reid, Phil Rollins, Debbie Rose, Diane Sosnoski, John Thede, Elmer Tosta, Jenny vonBlankenburg, and Larry Wisch.

9. Dan Osborne	30:45
10. Mason Flynn	31:00
11. Margaret Keenan	31:07
12. Erik von Blankenburg	31:17
13. Joe Illick	31:18
14. Conrad von Blankenburg	31:48
15. Peter Neubauer	32:03



There must be an easier way...

Lake Tahoe Saturday, July 15, 2000

Alan Budenz
Laura Burtch
Duke Dahlin (solo swim)
Jay Donato
Becky Fenson
Joe Ferarro
Bob Fewster
Scott Haskins
Greg Hicks
Tom Hofmann
Joe Illick
Margaret Keenan
Candace Kelly
Sean Kelly
Jon Nakamura
Lorna Newlin
Todd Oppenheimer
Dan Osborne
John Pelka
Phil Rollins
Heather Royer
Phil Scarborough
Elmer Tosta
Conrad von Blankenburg
Dave Zovickian

Pier 39 Sunday, July 23, 2000

Conditions: foggy with light chop and a slight ebb. Water was 62 F° degrees.

1. Laura Burtch	26:18
2. Chris Kelly	27:53
3. Alan Budenz	28:35
4. Alice Jones	28:53
5. Marla McGowan	29:04
6. Elmer Tosta	30:03
7. Diane Sosnoski	30:39
8. Pat McGarvey	30:39

16. Neil Powers	32:04
17. Eric Shackelford	32:10
18. Greg Hicks	32:28
19. Krist Jake	32:32
20. Jennifer Lamers	32:48
21. Mark McKee	32:53
22. Bob Fewster	33:13
23. Tom Kuglen	33:22
24. Megan Sullivan	33:43
25. Bob Blum	33:53
26. Keith Nelson	34:30
27. Bonnie Winn	35:00
28. Matt Sheridan	35:51
29. Barry Christian	36:07
30. Stephanie Cain	36:09
31. Phil Fernandez	36:16
32. Lee Hammack	36:25
33. Jackie Merovich	36:34
34. John Mattox	36:43
35. Tina Scott	36:47
36. Hardy Roddy	36:59
37. Mara Frattasio	37:03
38. Mark Mullen	37:06
39. Steve Counselman	37:23
40. Ken Coren	37:55
41. Tom Kernan	38:46
42. George Robin	39:17
43. George Gara	39:21
44. Steve Townsend	39:30
45. Roger Kleid	39:54
46. Joe Cowan	40:10
47. Noel Frelicot	42:03
48. Steve Latham	43:09
49. Paul Brady	46:40
50. Don Reid	48:38
51. David Broadbear	49:30
52. Keith Weaver	49:31
53. Walt Schneebeli	51:14
54. Alan Farnham	52:10
55. Steve North	53:20
56. Pavla Podolska	53:46

Pilots: Susan Allen, Ray Antiques, Judi Apfel, Andy Camous, Rich Cooper, Duke Dahlin, Al de la

Pena, Gary Ehrsam, Jim Fagan, Becky Fenson, Stuart Gallant, Colin Gift, Gail Grynbaum, Roger Hansen, Don Harrison, Reuben Hechanova, Deb Henning, John Latta, Kathy McKinley, Nancy Mootz, Mark O'Hara, Phil Rollins, Emily Roth, Phillip Scarborough, Miles Smith, John Theede, Monica Towers, and Chuck Vogt.

Helpers: Nicholas Blum, David Broadbear, Alan Budenz, Laura Burtch, Susan Cobb, Suzie Dodds, Anthony DuComb, Mason Flynn, George Gara, Sid Hollister, Pat Howard, Margaret Keenan, John Mattox, Mark McKee, Steve North, Mimi Osborne, Pavla Podolska, Heather Royer, Hardy Roddy, Elmer Tosta, Steve Townsend, Bonnie Winn, Noah Zovickian, Joe Illick, Dave Zovickian, Alan Farnham, Marty Robin, Matt Macek, and Neal Powers.

Fort Point Sunday, July 30, 2000

Conditions were windy, with choppy conditions at the start. Later, conditions settled down and a big flood was in action. Water temp a in the low 60's. Great support from pilots and helpers. Thank you.

1. Becky Fenson	55:24
2. Laura Burtch	1:02:54
3. Duke Dahlin	1:03:38
4. John Davies	1:05:40
5. Laura Merkl	1:08:11
6. Phil Rollins	1:11:24
7. Mickey Lavelle	1:11:34
8. Margaret Keenan	1:12:20
9. Pat McGarvey	1:12:43
10. Phil Scarborough	1:16:01
11. Gina Rus	1:18:10
12. Tom Kernan	1:19:55
13. C. vonBlankenburg	1:20:00
14. Jennifer Lamers	1:20:58
15. Eric Schackelford	1:21:10
16. Greg Hicks	1:21:40
17. Antony DuComb	1:22:25
18. Pete Neubauer	1:22:46
19. Joe Illick	1:24:26
20. Pat North	1:35:50
21. Mary Cantini	1:36:36
22. Pavla Podolska	2:29:55

Pilots: Judi Apfel, Ray Artiques, Stephanie Cain, Susan Cobb, Rich Cooper, Joe Cowan, Peter Darlington, Al de la Pena, Padriac Doyle, Adam Engelskirchen, Gary Ehrsam, Jim Fagen, Stuart Gallant, Colin Gift, Roger Hanson, Reuben Hechanova, Candice Kelly, Mark O'Hara, Deb Henning, Phil Kohlenberg, Steve Latham, Kathy McKinley, Eric Mellinger, Dan Osborne, Bill Picklehaupt, George Robin, Rebecca Tilley, and David Zovickian.

Helpers: Pete Bianucci, Bob Blum, Nick Blum, Clint CallenSteve

Counselman, Suzie Dods, Tony DuComb, Phil Fernandez, Bob Fewster, Noel Felicot, George Gara, Nancy Horner, Alice Jones, Marla McGowan, Ray O'Neal, Mimi Osborne, Pavla Podolska, Don Reid, Phil Rollins, Debby Rose, Gina Rus, Ann Sasaki, Walter Schneebeli, Pam Stillwagon, Megan Sullivan, John Theede, Elmer Tosta, and Noah Zovickian.

Santa Cruz August 5, 2000

Susan Anson
Jack Bettencourt
Pete Bianucci
Karen Boyer
Alan Budenz
Mary Cantini-Norkin
Kate Coleman
Ken Coren
Robert Coyle
Thomas Davis
Phil Fernandez
Bob Fewster
Mason Flynn
Nancy Friedman
Vince Huang
Sean Kelly
Susan Lauritzen



Peter and Rachael

Loretta Madden
Marla McGowan
Pete Neubauer
Lorna Newlin
Steve North
Dan Osborne
Gina Rus
John Selmer
Nicholas Simpson
Lisa Smith
Diane Sosnoski
Elmer Tosta

Todd Walsh
Dave Zovickian

Doc Howard - Over 45, Gas House Sunday, August 13, 2000

Large and enthusiastic crowd, fast water, with water temp still in the low 60's.

1. Sean Kelly 18:53
2. Alan Budenz 20:03
3. Alice Jones 20:12
4. Marla McGowan 20:14
5. Peter Drino 21:21
6. Pam Derks 21:22
7. John Pelka 21:48
8. Elmer Tosta 21:59
9. Pat McGarvey 22:00
10. Peter Darlington 22:18
11. Dan Osborne 22:36
12. Diane Sosnoski 22:59
13. Peter Neubauer 23:59
14. Larry Scroggins 24:21

48. David Broadbear 33:44
49. John Theede 33:52
50. Paul Brady 33:53
51. Mimi Osborne 34:00
52. Steve North 35:35
53. Walt Schneebeli 36:40

Pilots: Judi Apfel, Ray Artigues, Bob Blum, Rich Cooper, Bob Danielson, Andy Camous, Al de la Pena, David Donohue, Stuart Gallant, Ruben Hechanova, Mark Mullen, Phil Kohlenberg, Kathy McKinley, Lorna Newlin, Emily Roth, Philip Scarborough, Heidi Schriefer, and David Zovickian.

Helpers: Susan Anson, Pete Bianucci, Nick Blum, David Broadbear, Laura Burtch, Lindsay Casablanca, Jerry Cullen, Anthony DuComb, Phil Fernandez, Joe Ferrero, Andrew "Boomer" Ferrero, Sid Hollister, Pat Howard, Sean Kelly, Marla McGowan, Sunny McKee, Jackie Merovich, Keith

16. Walt Schneebeli 32:40
 17. Ray Artigues 36:02
- Medium Course (1/2 Mile)**
1. Mary Lou Hirschfeld 16:14
 2. Bob Danielson 17:04
 3. Paul Wombick 20:19
 4. Charlie Kuralik 22:28
 5. Bob Hoff 23:37

- Short Course (1/4 Mile)**
1. Mariuccia Iaconi 15:19
 2. Mineko Gallic 16:06

- Shorter "Lou's" Course**
(Mileage Not Available)
1. Lou Marcelli 10:47
 2. Bob McKenzie 10:49
 2. Bill Powning 10:49

Pilots: Alan Budenz, Andy Camous, Barry Christian, Ken Coren, Kathy Dermitzakis, Jim Fagen, David Rich, and Conrad vonBlankenburg.

Helpers: Susan Anson, Pete Bianucci, Gabby Beemsterboer, Nick Blum, Francesca Catilogo, Anh Crutcher, Duke Dahlin, John Davies, Anthony DuComb, Phil Fernandez, Joe Ferrero, Andrew "Boomer" Ferrero, Nancy Friedman, Reuben Hechenova, Sid Hollister, Pat Howard, Alice Jones, Glynn Jones, Marla McGowan, Pete Neubauer, Todd Oppenheimer, Dan Osborne, Era Osibe, Megan Sullivan, and Noah Zovickian.

Gas House Cove Sunday, August 27, 2000

10:00 am start, foggy/overcast, light breeze, water temp 60+, lots of pilots and helpers.

1. Todd Walsh 17:34
2. Heather Royer 18:08
3. Pam Derks 19:49
4. Chris Kelly 19:58
5. Alice Jones 20:03

17. Rebecca Tilley 22:48
18. Neal Powers 22:48
19. Lisa Smith 22:59
20. Tom Kuglen 23:16
21. Eric Shackelford 23:41
22. Joe Ferraro 23:42
23. Bob Blum 23:54
24. Mara Frattasio 24:18
25. Stephanie Cain 24:18
26. Debbie Bispo 24:29
27. George Gara 25:05
28. Keith Nelson 25:14
29. Lorna Newlin 25:31
30. Tom Kernan 25:54
31. Mark Mullen 25:56
32. Sue Garfield 26:02
33. Lee Hammack 26:04
34. Nancy Fagan 26:11
35. Tony DuComb 26:17
36. Ken Coren 26:17
37. Frank Roddy 26:27
38. John Horner 26:27
39. Anne Sasaki 27:26
40. Sid Hollister 27:26
41. Glynn Jones 28:04
42. Susan Lauritzen 29:50
43. Gary Ehrsam 30:21
44. Clint Callan 30:43
45. Ahn Crutcher 30:56
46. Todd Oppenheimer 31:00
47. Mary Sancimino 31:17
48. Tom Sancimino 31:18
49. Will Powning 32:01
50. Phil Sancimino 32:01
51. Keith Weaver 34:04
52. Don Reid 35:56
53. Pavla Podolska 38:12

Pilots: Susan Allen, Judy Apfel, Ray Artigues, Paul Brady, Andy Camous, Susan Cobb, Rich Cooper, Bob Danielson, Jim Fagan, Nancy Friedman, Stuart Gallant, Neil Harnett, Reuben Hechanova, Tom Hoffman, Jennifer Lamers, Pat McGarvey, Jackie Merovich, Dan Osborne, Bill Pickelhaupt, George



Is that a tanker coming our way?

15. Kate Coleman 24:55
16. Megan Sullivan 25:07
17. Vince Huang 25:18
18. Bonnie Wynn 26:02
19. Joni Beemsterboer 26:15
20. Robin Rome 26:20
21. Keith Nelson 26:30
22. Barry Christian 26:30
23. Susan Cobb 26:34
24. Lee Hammick 26:54
25. Glynn Jones 27:06
26. Jerry Cullen 27:06
27. Steve Townsend 27:1
28. Phil Fernandez 27:22
29. Susan Anson 27:25
30. Tom Kernan 27:32
31. Anne Sasaki 27:41
32. Colin Gift 27:41
33. Roger Keild 27:44
34. Larry Wisch 28:03
35. Sid Hollister 28:05
36. Steve Lathram 29:48
37. Gary Ehrsam 30:21
38. Pat Howard 31:03
39. Tom Sancimino 31:25
40. Noel Frelicot 31:54
41. Gail Grynbaum 31:58
42. Pete Bianucci 32:18
43. Will Powning 32:36
44. Debbie Rose 32:56
45. Nancy Hornor 33:18
46. Sarah McCusky 33:25
47. Nick Strelchuk 33:32

Nelson, Pete Neubauer, David Rich, Robin Rome, Debbie Rose, Tom Sancimino, Ann Sasaki, Walter Schneebeli, Pam Stillwagon, Megan Sullivan, John Theede, Rebecca Tilley, Steve Townsend, Noel Turner, Todd Walsh, and Larry Wisch.

Over 60 Cove Swim Sunday, August 20, 2000

Spectacular sunny day, mild currents, warm water still just above 60 degrees, magnificent group, 4 courses.

Long Course (3/4 Mile)

1. Joe Illick 17:51
2. Dan Osborne 17:58
3. Rich Cooper 19:44
4. Phil Fernandez 21:16
5. Tom Kernan 21:20
6. Susan Anson 21:53
7. Glynn Jones 22:31
8. Jack Bettencourt 23:07
9. Sandy Lehmkuhl 23:49
10. Jack Fleming 24:22
11. Dan McGill 25:42
12. Noel Frelicot 25:50
13. Don Reid 30:23
14. Rudy DeMay 30:40
15. Mimi Osborne 30:53



Teamwork in the surf

6. Alan Budenz 20:15
7. Si Bunting 20:43
8. Eric von Blankenburg 21:01
9. Peter Darlington 21:02
10. Margaret Keenen 21:36
11. Joe Illick 21:44
12. David Donohugh 22:11
13. Conrad von Blankenburg 22:27
14. Phil Scarborough 22:34
15. Peter McLaughlin 22:35
16. Peter Neubauer 22:39

Robin, Phil Rollins, Emily Roth, Larry Scroggins, John Selmer, Megan Sullivan, Monica Towers, and David Zovickian.

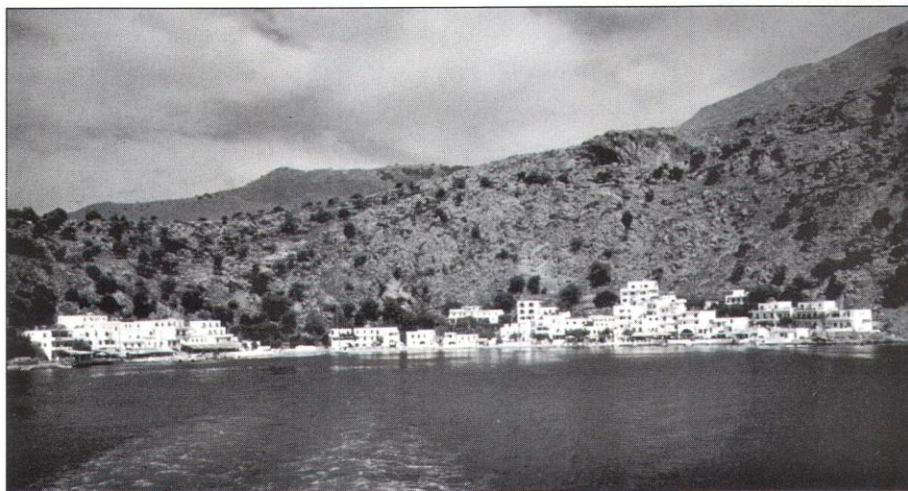
Helpers: Joni Beemsterboer, Peter Bianucci, Nick Blum, Laura Burtch, Lindsay Casablanca, Suzie Dods, David Donohue, Peter Drino, Anthony DuComb, Joe Ferraro, Noel Frelicot, George Gara, Sue Garfield, Sid Hollister, John Horner,

SWIMMIN' HOLES

by Joe Abbott

LOUTRO, CRETE

You get there by ship, not land — plus a few drachmas and your credit card. no roads or mechanized vehicles—



arriving in Loutro after a short ferry ride at the end of an all-day 12-mile downhill hike into the Samarian Gorge. The ferry embarks from Ayia Roumeli, where the gorge walk ends, and puts in at Loutro Harbor, which resembles Aquatic Park Cove in shape and size. From another ferry terminus, Hora Sfakion, which is east of Loutro, a bus goes back to Iraklion on the north coast of Crete. Iraklion has a commercial airport that offers connecting flights to Athens, about a 45-minute trip, and ferry service to the mainland and Athens airport. The island of Crete is only 30 miles wide,



so getting to your swimming destination is quite simple. All you need are good hiking boots; a pack to hold a snack and plenty of bottled water; a swim suit and brightly colored cap;

The village of Loutro is on Crete's southern coast, so you swim in the Libyan Sea. The water is very salty (11% salinity) but is crystal clear to a depth as far as one can see. In mid-May when I visited and swam there, the water temperature was 60 to 65. I'm told the temperature is warmer in the summer—possibly in the mid 70's—but then you would not want to be in Crete in midsummer.

A nice leisurely swim will take you to a tiny island at the mouth of the small harbor that is topped with a quaint but functional lighthouse. I estimate that the entire swim is maybe a mile, or about a "cove swim" distance. You start from your harborside hotel beach and swim out to and around the island and back. The water here is far less choppy than San Francisco Bay or our Cove, with little tide or surf. The Libyan Sea has a tidal difference of only inches in

a 24-hour period. You'll need to wear a colored swim cap to alert the ferry and small boats of your presence, but a little vigilance is all I found necessary.

You can also take a short hike eastward to "Sweetwater Beach," or rent a kayak or rowboat to reach it by going around the point. The place gets its name from the spring water coming off the cliff face onto the beach below. Sweetwater has one rustic facility with beer, food and a relief station. Again no roads and only an occasional person.

In fact, Loutro Harbor itself has only a few small hotels—all well-equipped—so the place is not overrun as is the rest of Greece. There are no roads, mini-bikes, or motor vehicles. The few hotels can be contacted via fax or e-mail. Many Greeks have been to the States, so English-only speakers should have no problem making arrangements.

After a hot shower, an evening



dinner on the outdoor cafe on the dock at the eastern side of the beach is an Apollonian conclusion to a great day of hiking and swimming.

Remember to send in your stories about the best water holes in the world to George Robin, Dolphin Log, Dolphin Club, 502 Jefferson St., SF, CA 94102.

will post information on the bulletin board at the Club. If you wish to spend the night, bring your sleeping bags. Space will be available in the handball court so that many of you can be ready for your New Year's Day Alcatraz crossing.

Prop R Passes

Proposition R was overwhelmingly approved by San Francisco voters in the recent fall election. The ballot measure, which dealt with the development of Pier 45, passed with almost 73% of the vote. An advisory measure for the City, the proposition asked "Shall it be City policy to use Pier 45 as the site for a public educational facility focusing on the San Francisco Bay and operated by an independent non-profit organization?"

The Port of San Francisco had awarded the development rights to the Malrite corporation, despite staff's recommendations to award it the Bay Center, a non-profit education center. Backers of the proposition are hoping that Port Commissioners will now reconsider their decision and return sections of the waterfront to more traditional maritime and educational use. Stay tuned!

Lock Your Locker

Recently, the Club experienced a rash of thefts from both lockers and personal clothing. Members are reminded to play it safe and always lock up your possessions in your locker. Wallets, cash, and personal items have disappeared after being left unwatched for just a few minutes. The thief apparently shows up every once-in-awhile, stealing repeatedly over a few days, then

laying low for a long time, only to return again.

Equipment Inventory

The boathouse captain is currently conducting the annual "Dolphin Club Equipment Inventory" for all private and club equipment through mid December. The annual inventory:

- Takes stock of what we have;
- Evaluates any equipment stored in the club;
- Assesses equipment usage by the membership;
- Determines the benefit that the equipment serves for both major and minor club programs; and
- Decides whether the equipment stays or is removed from the Club.

The equipment being examined ranges from watercraft and workout equipment to abandoned or unused bicycles.



Summertime and the livin is easy...

Any and all storage of private equipment by club members is allowed upon an "as space is available" basis. (Please note that all private equipment is not insured by the club; breakdowns, damage and repair shall be taken care of by the owner.) Private equipment will require the applicable paperwork and approval by the boathouse captain before it can be stored in the club.

The results of this annual inventory will serve to better utilize the valuable and limited club space. The Dolphin Club will not serve as a "storage locker" for private equipment that has seen only "limited or no use at all." The club will continue to house any and all private equipment that has been determined to be functionally usable in the best interest of all club members, and serves to enhance the club programs.

Pier-to-Pier

Continued from page 5

event, but not of Mr. Hartnett himself. Megan provided the music and everyone danced after all of the swims were completed.

Megan Sullivan, Bob Blum, and Nick Blum—ardent supporters of this event since its inception—were the first to arrive, and were instrumental in getting the evening off to a rolling start. Neil Hartnett and Al de la Peña offer their thanks to them for helping out for the past three years. Tom Kuglen, as always, tried to talk it up with two of the female guests. Rachel, Tom, and Al were the last to leave, and oh! thanks to Stephanie Cain and Barry Christian for doing the dishes, wow! Well that's it. I'm writing this as I am rowing out of the cove, in the *Good Luck*, into that little finger of fog. Maybe I'll find Neil Hartnett out there somewhere.

—Alberto de la Peña



kayakers on the move

All owners of private equipment stored in the Club will be notified of their equipment status after December 15th. The notice will contain a determination of whether their equipment may continue to

be stored at the Club or will have to be removed from the premises. All designated equipment that is to be removed from the club should be taken away by the end of the year. Any equipment that has not been removed by the deadline, will be disposed of appropriately.

The Dolphin Club will conduct an equipment inventory on an annual basis to clean house, keep what we need, and get rid of what we don't use.

FEATURE

by Matthew C. Sheridan

Dolphin Wins Silver at the Olympics

Native son and fellow Dolphin member Sebastian Bea brought home the Silver Medal in rowing in the men's coxless pair from the XVII Olympic

As a member of the men's eight, he and his teammates won the gold at the World Championships that year in Aiguebelette, France. For Sebastian, just

a sophomore at the time, winning a gold medal at the Worlds was amazing. "He was 'Champion Du Monde,'" according to his father, Carlos.

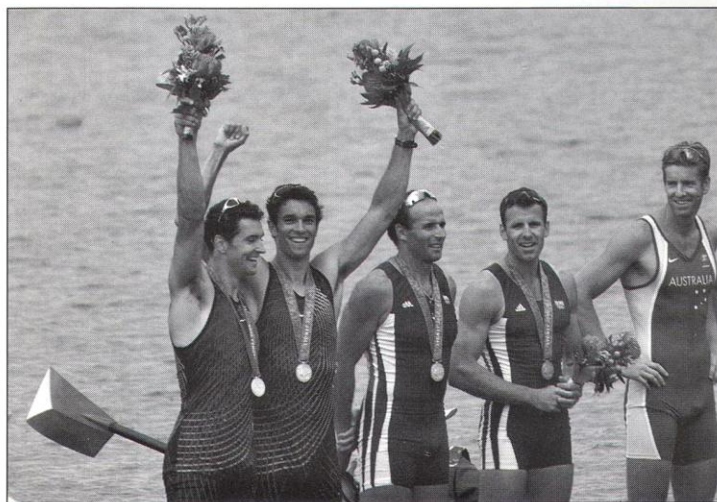
Over the next two years, Sebastian continued his rowing success at both collegiate and national levels. In 1998, he earned a place on the All Pac-Ten Team and then a

note had been left on his door—a call to row! The next morning Seb reported to the racecourse and joined his fellow teammate Adam Holland. The newly minted pair won the remaining two races, but finished 13th overall, which meant the boat had not qualified for the Olympics.

In January Seb reported to camp in Princeton for the National Team. Having proved himself in the pair at Worlds, Seb was then paired up with Ted Murphy, a Dartmouth graduate. The next hurdle was the US Trials in Cherry Hill, New Jersey. Seb and Ted won trials in just under world-record time. They had made the US Olympic Team, but did not yet have a berth in the Olympics.

In July they traveled to Lucerne, Switzerland for the European Qualifying Regatta. The first and second place finishers would qualify for the Olympics, and the US finished second behind the Yugoslavians.

The entire family was ecstatic, especially Carlos, who knows the thrill of Olympic competition. He played



Olympic champions, from left to right: Ted and Seb, the French, and one of the Australians

Games in Sydney, Australia. The son of Dolphins Louise and Carlos Bea, Seb overcame a back injury that almost kept him from competing and surpassed his wildest expectations, rowing to an electrifying finish with his pair partner Ted Murphy of Newton, Massachusetts.

Though he grew up watching both his parents swim and row at the Dolphin Club, Sebastian got a late start on his journey to the Olympics. It was during his senior year at St. Ignatius High School, when he followed his younger brother Alex's lead and joined the rowing team. Seb had been on the team only two months when they won the California State championship. Just one year later, in 1996, Sebastian once again had success on the water when the UC Berkeley men's freshman eight took the silver medal at the Intercollegiate Rowing Association finals.

Encouraged by his success at Cal, Seb began training with the United States National Rowing team in 1997.

chance to compete on the National Team's Straight Four in Köln, Germany—where they took seventh. By 1999, the Cal team soared to the top of the collegiate rowing world by winning both the Pac-Ten title and the National Championship. In winning the Nationals, Sebastian's boat set an intercollegiate record for the 2000 meters, beating Princeton University by a good boat length.

Soon after, Sebastian set his sights on Olympic glory. His path to Sydney would not be easy. After training for months with the National Team, Sebastian failed to make either the men's eight or the four. However, Seb was sent to the Worlds in Canada as a spare.

In this role, Seb sat out the first and second round of races. But by round three, the starboard rower in the coxless pair admitted he was injured. That night, Seb returned late to discover a



basketball for Cuba in the Games of the XV Olympiad in Helsinki, Finland in 1952. Sebastian's long journey to the Games seemed complete, but no one expected the next challenge he would have to face.

The month after the Lucerne races,

Sebastian injured his back while training. Diagnosed with two bulging discs, Seb's Olympic chances looked bleak. Over the next few weeks, he received medical treatment while continuing to train out of fear of losing his spot on the team.

With three weeks to go, Seb headed first to San Diego, and then on to Sydney, despite continuing chronic back pain. Upon arriving in Australia, Seb could barely walk and certainly could not row—a condition that lasted a week.

In the meantime, fellow teammate and spare Kurt Borchering was put in to train with Ted Murphy. Seb's continuing medical treatment, though, began to show results and on September 5, two weeks before the start of the Games, he got back into the boat and resumed training.

Having failed to train consistently together for the previous month, it was unclear how Sebastian and Ted would fare against the world's top rowers. The Germans, who had won the gold at the World Championships in 1999, were heavily favored, as were the hometown favorites, the Australians.

On September 17, in the town of Penrith, an hour's ride from Sydney, Sebastian Bea and Ted Murphy stepped into their two-man shell, aptly named *Kurt Borchering*, after their teammate. Of the five teams competing in their heat, the top three finishers would go on to the semi-finals. Despite a rough start, the two came back strongly and took third place behind South Africa and Australia.

Over the next four days, Sebastian gradually got back into top shape. A weak spot in their program had always been their start, but after studying the video of the Australians, they decided to alter their rowing strategy, changing from quick strokes to ones that were slow and strong.

The results were immediate. During the semi-finals, they led the entire pack and were just edged out at the end by Australia and Yugoslavia, who finished first and second respectively.

On the day of the finals, Seb was confident. He had rowed in two races and had beaten out the powerful Germans, Italians, and Slovenians. The press, however, heavily favored the French and Australians. The Americans were assigned to lane one, which, as an outside lane, gets less protection from the wind and affords mediocre views of the course. It was not a good position.


As the race began, the British and Yugoslavians moved quickly out in front and at the 500-meter mark were in first and second, respectively, with the U.S. team trailing, sometimes in 3rd and sometimes in 4th place.

Soon the Yugoslavians made a move, but the Brits fought them off and were still leading at 1,000 meters, with France and the U.S. battling for third. By the 1,500 mark, the Brits were still slightly ahead, but France was pulling even, and the Australians and Americans were close behind. As the boats approached the finish line, France led by half a boat length, with Britain, U.S. and the Aussies matching them stroke for stroke. During the last seconds of the race, Sebastian caught a crab (his oar dragged in the water), almost capsizing the boat. Nonetheless, they crossed the finish line just behind France, edging out the hometown favorites by a little more than a bow ball.

This was the first time in 36 years a Dolphin has medaled in an Olympic rowing event. Member Jim Storm took the silver in the men's double sculls in Tokyo in 1964. (In sculling, the rower has two oars, while in sweep rowing, the style Seb rows, the rower has one oar.)

After the drama of the finish, the two American rowers headed toward the stands. Ted's girlfriend covered him with kisses, while Seb was doused with champagne and presented his father with his medal and gave his flowers to his mother.

Replying to a question from the media afterwards, Sebastian had this to say about his future, "Can we be faster four years from now? Yes."



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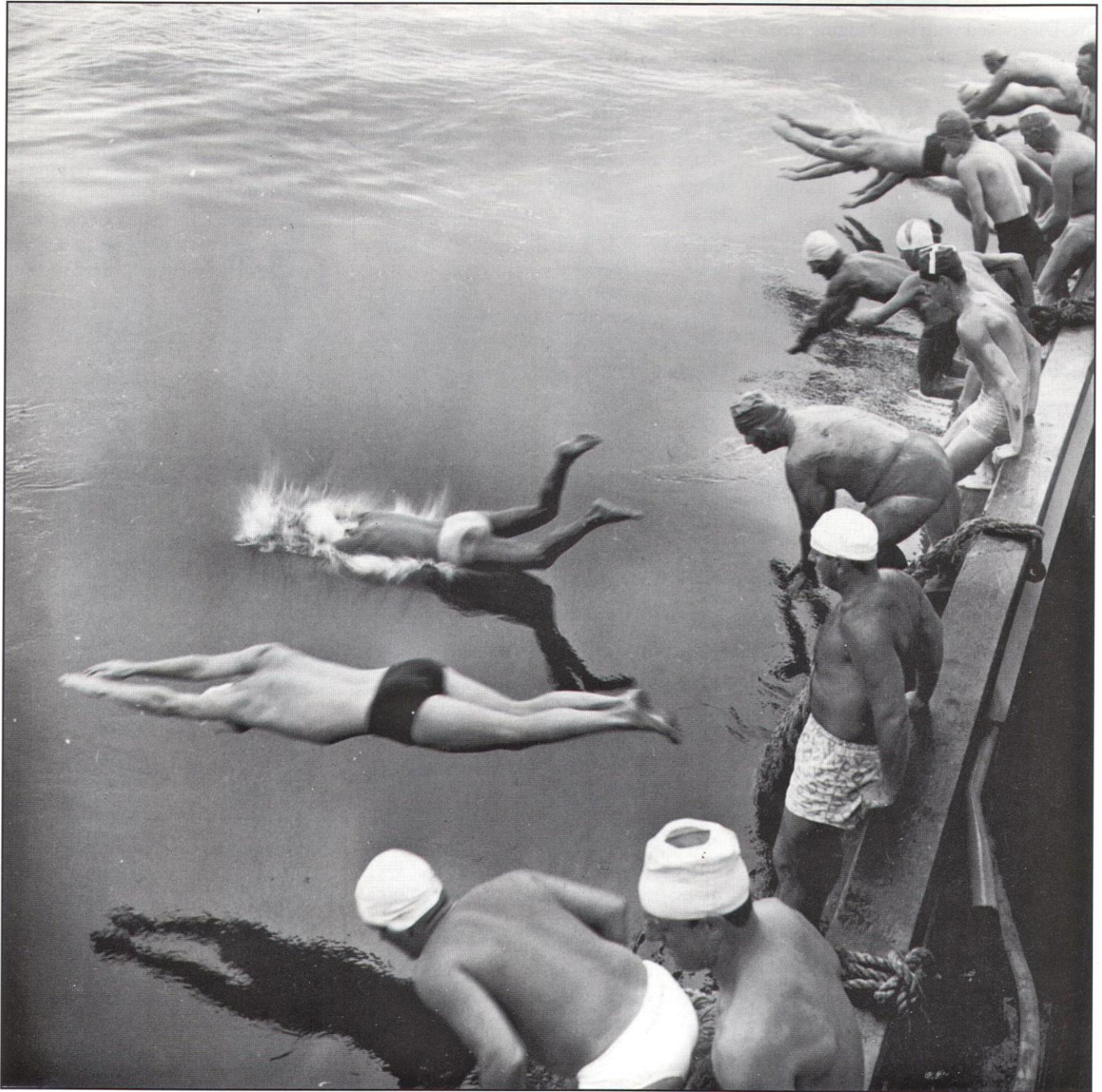
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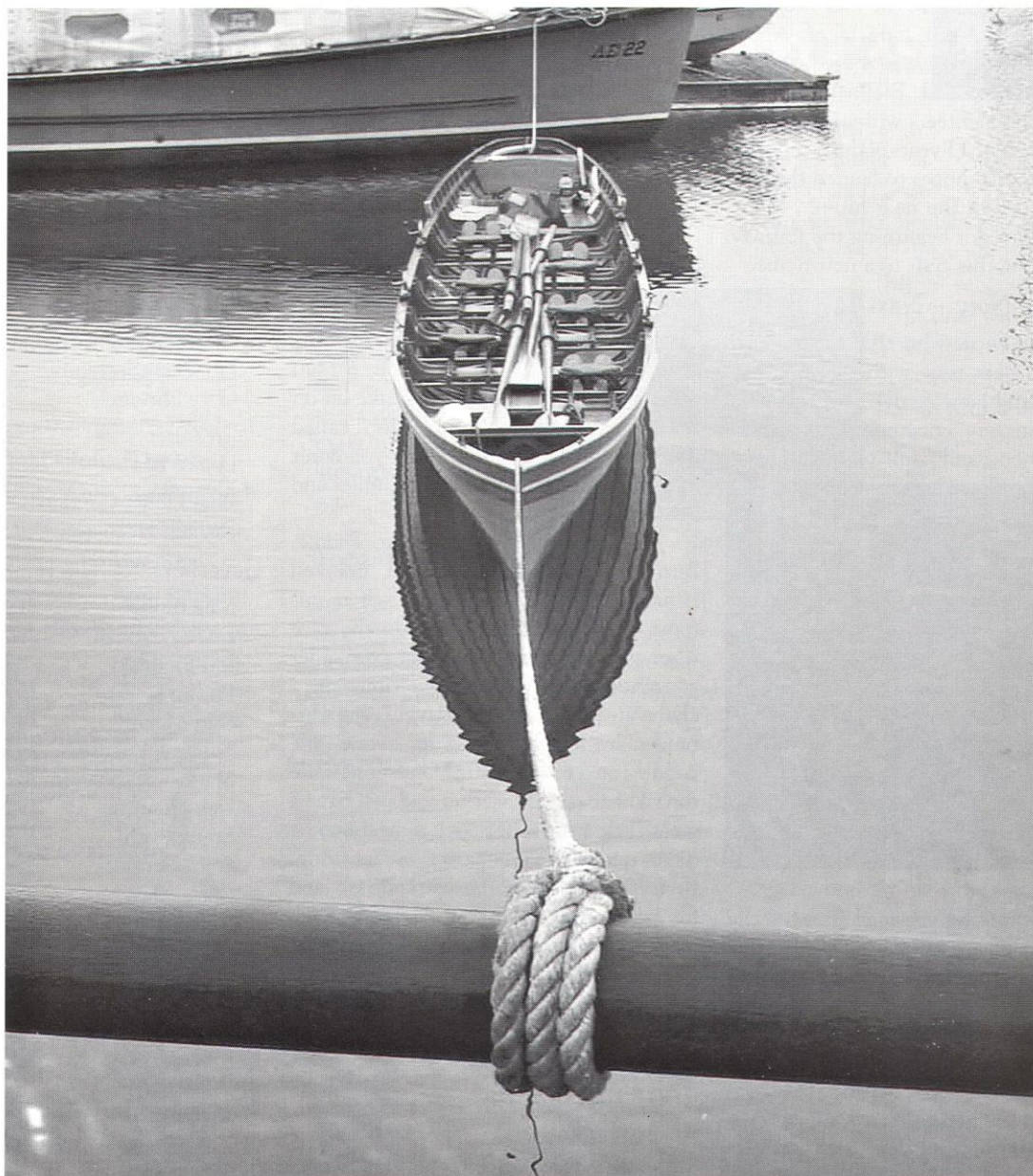
Dolphin Swimming &
Boating Club
502 Jefferson St. (foot of Hyde)
San Francisco, CA 94109

Spring 2001

DOLPHIN LOG

The Official Bulletin of the Dolphin Swimming and Boating Club • San Francisco, California • Established in 1877

BETWEEN SPRING AND SUMMER



DOLPHIN BULLETIN BOARD

News and Notes for the Dolphin Club Membership

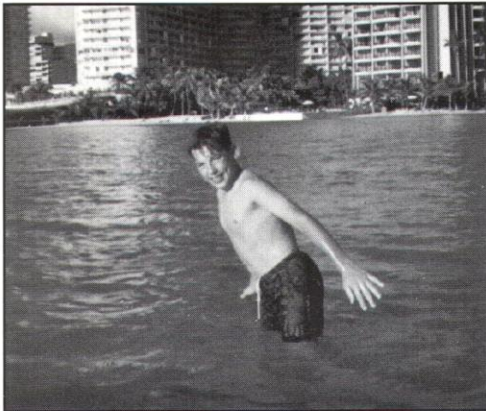
Club to Bring Wanderer Home

Life Member Walt Haake is donating a Whitehall to the Club. Originally commissioned by Walt during construction of a house in Greenbrae, the craft was intended for use on the nearby Corte Madera creek. The boat, called *Wanderer*, is a near-exact copy of the *Landucci*—right down to the custom-made bronze oarlocks, according to chief boatbuilder and restorer John Bielinski. Built in the mid 1980s in Davenport by Brent Smith of Aolus Boatworks, *Wanderer* was stored shortly after she was finished. Bielinski and our boatbuilding volunteers will work to banish from the craft 15 years of dust, cobwebs and buildup. He hopes to launch the single on the bay in the near future. Many thanks to Walt for beginning the journey that will bring this craft to a new home.

Then and Now – Next Log Issue

Do you know who this Dolphin is? Find out in next issue with the return of the "Then and Now" series.

Dolphins are encouraged to submit both childhood and adult photographs of



Who is this?

themselves for the summer issue of the *Dolphin Log*. Please feel free to include any cute, funny, or traditional photographs of yourself (preferably ones of an athletic nature). Please drop your photographs in the editor's box inside the little Staib room. If you have any questions or concerns, please contact Chris Kelly at 292-4082 or Matthew C. Sheridan at 392-3770. The deadline for submissions is July 25, 2001.

Get Online with the Dolphin Club Yahoo Group!

Would you like to be part of the Dolphin Club e-mail community? We're now linked up through Yahoo Groups (our old host, eCircles, died an untimely e-death). The group is free and private (Dolphin members only), and gives us access to group e-mail, an online calendar, and interesting Web links for rowers, swimmers, and kayakers. As with eCircles, we can also post photos and swim results.

Nearly 100 Dolphins have joined our Yahoo Group so far. To receive an invitation to join, just e-mail Nancy Friedman at nancyf@dnai.com.

P.S. Check out the Dolphin Club Web site, too—dolphinclub.org.

New Race Series Coming to the Club!

This summer, compete in an ongoing series called the Dolphin Club Iron Man Summer Series. The series is a take off on traditional lifeguard competition called the "Iron Man." But, don't fret, you don't have to swim 2.4 miles, bike 112 miles and run 26 miles.

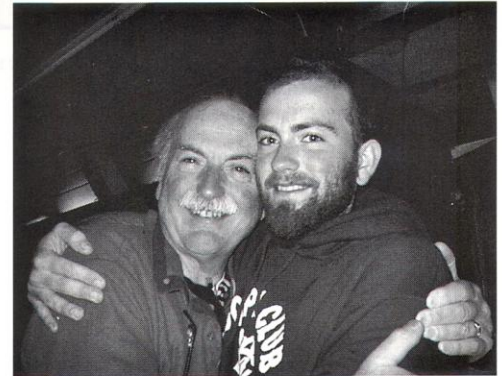
The race consists of Swim, Paddle, Run and takes place in our beloved Aquatic Cove! The series is "self monitored" (*a la* Polar Bear). You do the race whenever you want, in whichever order you choose, and record your times on a chart at the club. Tentatively, the distances are a 3/4 mile swim, a one-mile paddle (on a rescue board), and a one-mile run. Put these all together and you have a great little race! The series is meant to be a fun, informal, summer long competition. Perfect for multisport/cross training and for preparation for other Dolphin Club races! Spice up your training this summer! Course map and specifics will be posted at the club in May. For more info, contact Dolphin member Todd Walsh at todd@golden-coast.com.

2001 Election Results

Ballots sent: 936
Ballots returned: 392

Bylaw Amendment

Approve	287	Passed
Disapprove	30	



All in the family: John and Tom Davis

Officers

President

John Theede* Elected

Vice President

Anthony DuComb* Elected

Recording Secretary

Pete Bianucci* Elected

Financial Secretary

Gary Ehram* Elected

Treasurer

Louise Bea* Elected

Boat House Captain

Reuben Hechanova* Elected

Governors

Meg Reilly:	311	Elected
Dave Zovikian:	290	Elected
Jon Bielinski	285	Elected
Phillip Rollins	265	Elected
Dan McGill	246	Elected
Susanne Friedrich	245	Elected
Matthew C. Sheridan	231	Elected
Deb Henning	190	Elected
Emily Roth	171	Elected
Gabe Scurlock	153	
Mary Alex	135	
Ray Artigues	104	

Write-ins for President

S. Hlynsky, N. Hartnett, M. Mouse

*Unopposed

Job Available: Membership Billing Clerk

The Club is looking to employ an individual to handle the membership billing for the Club. Gross salary is \$500.00 per month. Duties include all aspects of maintaining membership accounts on a general ledger com-

DOLPHIN LOG

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Susanne Friedrich

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Vice President - Anthony DuComb
Recording Secretary - Pete Bianucci
Treasurer - Louise Bea
Financial Secretary - Gary Ehrsam
Boat Captain - Reuben Hechanova

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Mary Alex, Jon Bielinski,
Deb Henning, Dan McGill,
Meg Reilly, Phil Rollins,
Emily Roth,
Matthew C. Sheridan,
Dave Zovickian

Commodore
Lou Marcelli



puter program, including billing, posting receipts, sending delinquency and termination notices, etc. Employee is to perform the job at the club. If you are interested, please call Dolores Meehan at 415-586-1576.



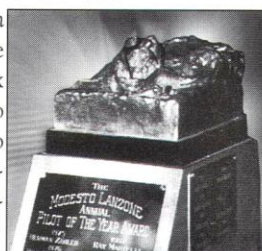
Pam Derks: Most Improved Swimmer - 2000

Membership Meeting

Pursuant to the Dolphin Swimming and Boating Club's By-laws, the club will be holding its Annual Membership Meeting on Wednesday, September 19, 2001 at 7:00 p.m. The meeting will be held in the Staib Room at 502 Jefferson Street, San Francisco.

From the Editors

The deadline for submissions for the summer issue of the *Dolphin Log* is July 25, 2001. Please leave your materials in our box in the Staib Room, mail it to the Dolphin Club, email it to matthew@sheridan-associates.net or approach us in person.



Still Missing

Yoga at the Club

The current yoga class schedule is in flux. Stay tuned in the coming months for news of dates and times. For more information, please feel free to call Pamela at 415-831-7847.

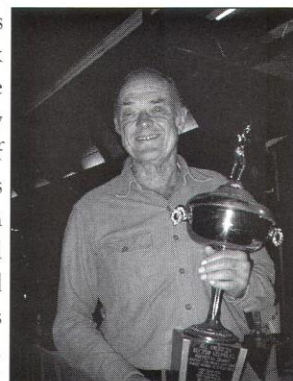
Rowing Training

Rowing training is available for all members of the club. Training is held the third weekend of every month and interested members must sign up ahead of time on the sheets posted near the front entrance. The following are the dates for training:

June 16 & 17
July 21 & 22
August 18 & 19
Sept. 15 & 16
Oct. 20 & 21
Nov. 17 & 18
Dec. 15 & 16

Escape From Alcatraz Triathlon Sunday, October 21, 2001

As the waters of San Francisco bay warm, Dolphins and South Enders start to think towards the "Escape." Every year, the pull of the event calls the brave. Can you do it? Will you do it? Should you do it? That's your choice. Applications will be available in late summer at both clubs. Please turn in your application no later than October 14. Helpers are needed to make this a successful event. A good time will be had by all. The event starts with a swim from Alcatraz Island, a bike ride to Mill Valley's Old Mill Park and climaxed with a Double Dipsea run. There will be an awards dinner at the Dolphin Club at 5 p.m. Contact Peter Bianucci for more information.



Walt Schneebeli - Most Experienced Gate Finisher - 2000

Upcoming South End Swims

Saturday, August 18 - Kirby Cove
Saturday, September 8 - Alcatraz Invitational
Saturday, September 23 - Alcatraz
Saturday, October 27 - Golden Gate

Dolphins are encouraged to help pilot South End swims (member-only swims). Please check with the Boathouse Captain or Swim Commissioner if you have any questions.

Olympic Rowers from Holland take a Spin in the the Wieland

Last March, Dolphin members Ron De Goeij and Seada Van Den Herik sponsored a special day on the bay for some Olympic champion rowers from Holland. Check out the photo collage on page 12.

The Day We Almost Lost the *Wieland*

By Jim Morino and Walt Schneebeli

Anyone who has gazed over the sleek lines and glossy finish of the present-day *Wieland* cannot help but be impressed. When one comes to understand her stories and those of the

day the authorities decided to open the eastern side of the island. Jim recalls the details this way:

The reason for the trip to Angel Island on that Sunday was the opening of the island to the public for the day.

set sail at about 5:00 p.m. for the Dolphin Club. It was calm water until we passed the island, then all hell broke loose. The bay was like the North Atlantic—waves four-to-five-feet high. An extremely



people who have rowed her, perhaps a fuller measure of admiration for her will be in order.

C r a c k
rower/swimmer Jim Morino relates here a story of the *Wieland* that few present day Dolphins have heard or read about. The date was Sunday, September 21, 1952.



At this time Angel Island was under the control of the US military. The island was considered "surplus property" after functioning as an embarkation point for over a quarter mil-

The club was invited to participate in an exhibition swim. The swimmers were transported about a half mile out from the

east side of the island by a water taxi, and swam back to the beach. The swimmers were listed as follows: Roland Demarais, Jim Barron, Tom Troneum, Abe Levinsky, Jim Morino, Bob

Nielsen and Joe Bruno. Our training staff was: Lawton Hughes, Emilio "The Horse" Massucco, Harvey Murray, and our coxswain, 85-year-old Jimmy Cronin. We spent the rest

strong wind was blowing from the west. Our coxswain Jimmy Cronin was from the old school, where the shortest distance between two points is a straight line. This was bad news for the *Wieland* and her crew.

We were getting hit broadside and water was pouring over the gunnels faster than we could bail. Those who weren't rowing kept bailing with anything that resembled a vessel. Lawton Hughes kept telling Cronin to "hit the waves on a 45 degree angle," and to head for the Ferry building.

Jimmy kept yelling "Feather high, boys, feather high," which was impossible in that weather. Then suddenly it happened: we sank to the gunnels. The crew was now in the water, hanging to the side of the *Wieland*. We had only one life pre-



lion personnel on their way to the war in the Pacific. After the war, local activists like Caroline Livermore and the National Park Service set out to make portions of the island open to the public. The *Wieland* and her crew experienced their ordeal on a

of the day enjoying the festivities on the island.

Both swimmers and rowers climbed aboard the *Wieland* in the afternoon. We

server and we put that on Jimmy.

The fog was starting to come through the channel and it was cold. We were worried about old Jimmy—he didn't look well.

Top row, left to right: Jim Morino, Jim Barron, Joe Bruno, Roland Demarais, and Tom Troneum. Bottom, left to right: Jimmy Cronin, Lawton Hughes, Abe Levinsky, Emilio "Horse" Massucco, and Bob Nielsen.

FEATURE

by Sid Hollister

LEARNING TO SWIM THE KAPUT WAY

Many people—ok, ok, one or two—have wondered how I've become such a terrific swimmer all of a sudden. I'll share the secret of my success. After years of getting by on the enhanced or diminished—take your pick—mental capacity common to inveterate cold water swimmers, my body cried out for something better, and who am I to deny my body? After some instruction from one of the best in the business, I felt a lot more comfortable in the water. Any improvement you see in my stroke comes straight from my coach.

Though probably unknown to most of you, Dawanna Kikk, the famous Dutch swimmer from a few years back, taught me all she knew. Her method is called Kikk's Almost Perfect Ultimate Technique, or KAPUT, and is akin to the medieval practice of tossing folks who were allegedly demon-possessed into the local sump, then waiting to see what happened.

Dawanna does everything in an hour. After she had watched me wiggle-waggle back and forth in the water a few times and had stopped laughing, we got down to the lesson. She pulled my stroke apart piece by piece, leaving me just my old Dolphin swim trunks to fall back on. Not a pretty sight

The first thing we did was work on keeping my head down or "pressing the rubber ducky" as she called it. To make sure I did as she instructed, Dawanna slipped me into a kind of weighted wet-suit—something Prince Valiant might have worn—that covered my upper back, head, and neck. I could barely turn my head to breathe, but, as the coach tactfully reminded me: "You're not getting any younger, pops! Get on with it!" So I pressed that ducky so flat, the sight of it

would have made Lou's mallards tremble.

Then, Coach Kikk, after taking a call on her cell phone and taking a sip of her low-fat, no-foam, half-decaf-half-caf latte, had me practice finding the proper entry point for my hands by prodding me with a kind of blunted harpoon every time I rolled to one side or the other and crossed the center line. "Slap that water hard. None of this wussy slip-and-glide stuff. If you don't see the water as your enemy, you'll never do the Grizzly Bear." To help me out, she put on some inspirational music: "Mozart for Machos," she said it was.

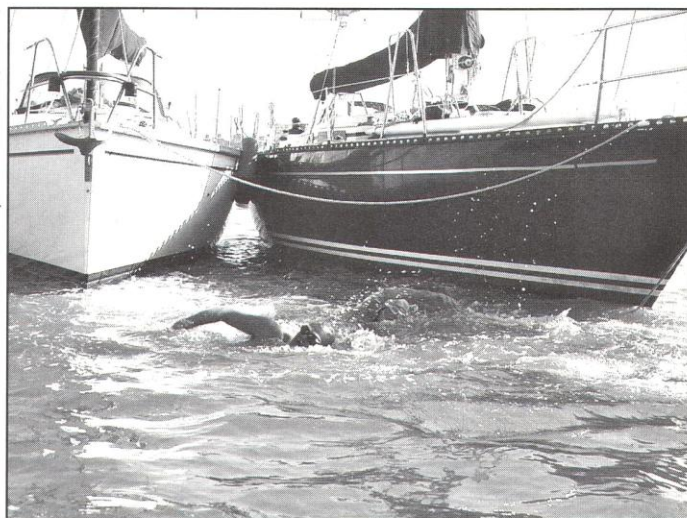
Next, to get a feel for the way my hands and arms moved through the water, Dawanna had me put on gloves of chain mail she'd picked up at an Inquisition fair. "Gets the technique into your muscle memory real fast," she assured me. I was not assured. I was drowning is what I was, pulled to the bottom by the gloves and the weighted vest. When I made it to the pool end by crawling along the bottom and sloughing off the vest, I burst to the surface like Moby Dick in full breach. Dawanna was impressed. I was a quick learner, she said.

"But," she added curtly, "your kick makes me sick." She told me to put on some fins called Flipperwhoppers that make Hippo scuba fins look like Zoomers. "They force you to work," she commented, shouting over the Mozart before taking another call on her cell phone.

"What about a kickboard?" I asked

furtively.

"Kickboard, shmickboard," she shouted, waving her arms and slinging the rest of her latte over deck chairs, pullbouts, and nearby swimmers. Then she bound my wrists together, "Just to make sure you



don't use your arms." I did a couple of laps before my legs twisted up with cramps like calamari hitting a hot frying pan. "You gonna quit on me?" Coach Kikk challenged.

In fact I never did finish that lesson. But she was right: my muscles remember almost every detail of what she taught me.

And Coach Kikk, once the paramedics revived her, will no doubt always remember the shock of finding herself in that pool clutching her cell phone. How she got there remains a mystery.

Becky Fenson says my kick still needs work, but, as I learned from Dawanna, nobody's perfect.

dolphinclub.org

Across a Continent Across a Century

By Chris Kelly

Decades before the first Dolphin crossing of the English Channel, before Stu Evans conquered the Farrallones, before Paul Ainslie completed the Escape from Alcatraz in less than 3 and a half hours—a soon-to-be Dolphin gazed west from Minneapolis out over the mostly-wild Midwest with a dream: to make the journey to San Francisco by bicycle. The year was 1895.

Close to a century before the IronMan Triathlon and the EcoChallenge, Edward Kragness and his brother Theodore mounted heavy-duty, single gear bicycles laden with a tent, blankets and some cooking utensils. Inside each of the men was the equally strong and inexplicable desire to test their bodies and souls on the open road. The time and place the brothers would ride into continues to resonate with us today.

Edward had set at least one cycling record in Minnesota by the time he and his brother rode west, completing a century ride known as the Northfield Course in 6 hours and 58 minutes.

There is little doubt Edward had as much interest in the improving technology of the bicycle as he did in excelling on the road and track. The models he and his brother began their trek with were known as “safety bikes”—aptly named, as riding them was a less hazardous proposition than the previously popular “high wheeler”. The safety bike had much smaller wheels of equal size that placed the rider’s center of gravity closer to the ground, had lightweight metal spokes and inflatable tires. The two riders would need every advantage their machines afforded them on their journey.

The cyclists left Minneapolis,



Wheelmen: The Kragness Brothers Minnesota on October 2, 1895 and probably headed southwest along what is now known as the Union Pacific Railroad route which crosses the Minnesota/Iowa border and goes due south into Nebraska by way of Sheldon and Sioux City, Iowa. According to Theodore in the account he gave the *San Francisco Chronicle*, this was where the journey began to test the brothers. “We had a nice time to Omaha, but west through Nebraska and Wyoming we had to fight against strong winds that were freezing cold some times...we often had to ride until 11 or 12 o’clock at night. It was terrible on the desert, where the sand cut our faces and hands and dry cactus gave us no end to punctures.”

Conditions worsened as they continued west. “On the Wasatch Range we encountered 10 inches of snow, which rendered wheeling impossible. For two days we had to carry our wheels. Coming down the western slope of Shaw

Creek Canyon trail my brother and I collided and he lost his handlebars and a crank, which could not be replaced until we reached Salt Lake(City). We escaped injury, although it seems miraculous, for the trail is a mere sheep path and very dangerous.

“After leaving Salt Lake we waded through a sea of mud all the way (northwest now) to Promontory, Utah, fording swollen streams and having a hard time generally. We again had to carry our wheels, baggage and 30 pounds of food, and a heavy snowstorm added to our misery. But we had a nice trip

across the Nevada desert to Elmira, California.” Despite these frequently brutal conditions, the two averaged about 75 miles a day. And though they had some trouble with the wooden railroad ties between Sacramento and the bay area, arrived “...strong and well, if a little ragged and weather-beaten.”

Upon their arrival in San Francisco, the brothers stayed for a time at the YMCA and were offered a membership at the Olympic Club, whose officers had a keen interest in maintaining their crack team of “Wheelmen” and no doubt saw the new arrivals, particularly Edward, as potential stars.

Subsequently, Theodore faded from the bright spotlight of the local cycling scene.

The popularity of cycling in the bay area was approaching a zenith as winter 1895 turned to spring and summer of 1896.



Already, the bicycle had been part of some cultural changes of the time, changes that have shaped the culture we live in today, both on and off bicycles.

With the increased mass production of the safety bike, women began to ride in much greater numbers wearing bloomers underneath their heavy skirts. According to David Mozer of The International Bicycling Fund, the rise of women cycling in the 1890's "...killed the bustle and corset, instituted "common-sense dressing" for women and increased their mobility considerably." These changes were praised by Susan B. Anthony in 1896: "Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. I stand and rejoice every time I see a woman ride by on a wheel. It gives a woman a feeling of freedom and self-reliance."

On the local scene, there were cycling clubs in San Francisco, San Mateo, Redwood City, Palo Alto, San Jose, San Leandro, Alameda and Oakland. These clubs organized rides and races within their own communities, but also came together to sponsor mass rides. The most popular of these was the 100-mile circuit that started in San Francisco. This ride went south along the then-agrarian peninsula to Santa Clara and San Jose, and then back along the east bay shore to Oakland. The ride was accomplished in two days by the combined memberships of the clubs and involved scores of riders.

Clearly, Edward Kragness could not have chosen a better time and place to be a competitive cyclist. With the help and support of his new companions and fellow Olympic Club Wheelmen, he began a string of remarkable road riding victories. In less than four years, he established three national records and at least 11 state records. These accomplishments remain

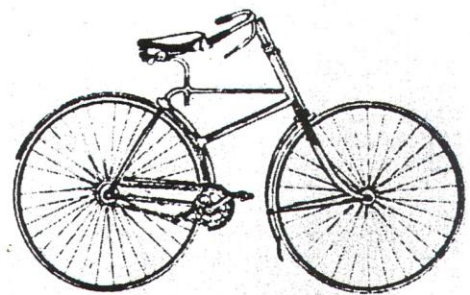
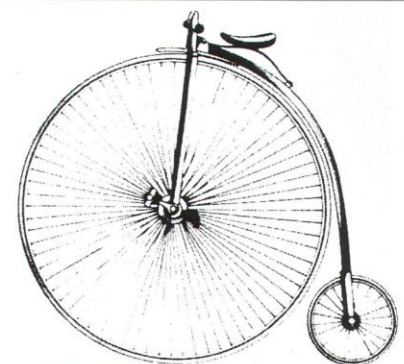
striking a century later: San Francisco to San Jose in two hours and 27 minutes, San Francisco to San Luis Obispo in 22 hours and 47 minutes, and San Francisco to Los Angeles in 61 hours, 54 minutes. He was also a superlative team rider. Along with his teammates, he helped win the Great Inter-Club 100-Mile Relay Race Around the Bay on May 14, 1899. Their time was four hours, 46 minutes, 24 and 3/5ths seconds.

This team ride was a prelude to an equally great solo outing. Starting at 8:10 a.m. on June 11, 1899, Kragness scorched along the 100 miles of road from the town of Alameda, through San Leandro, Alvarado, Newark, Milpitas, San Jose and then north up the peninsula to the city hall of San Bruno. According to the *San Francisco Call*, Kragness was undaunted by a tire puncture in Millbrae and 2 falls on Bay Shore Road. Aided by his support team and a three-minute rest, he retraced his path back to Alameda, completing the double century ride in 11 hours and 37 minutes, lowering the American record of the time by a full four minutes. The *Call* concluded

that despite the setbacks on the course, "He finished strong and showed no ill effects from his hard ride."

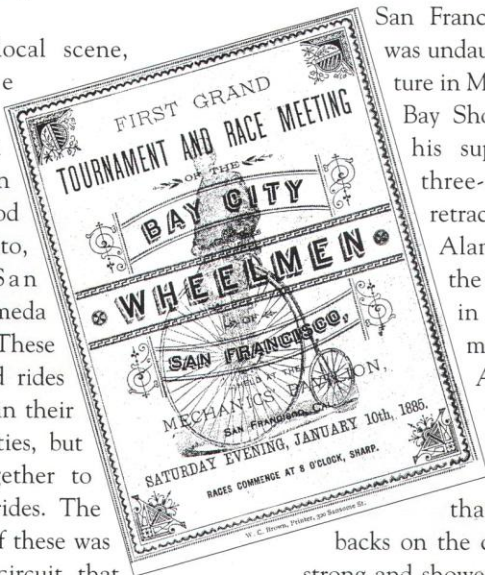
The following year found Edward trading the bicycle spindle for oarlocks. He joined the Dolphin Club in 1900 and remained a member for four years, rowing regularly for two.

Though his career did not include cycling after 1904, it continued to be noteworthy, marked repeatedly by Edward's interest in cutting-edge vehicle technology. He moved to New York city in the summer of 1903 and worked at the Waldorf-Astoria as a machinist. He was also employed for a time with Smith and Mabley, a luxury-car importer. He was then hired by the manager of the Waldorf-



The nineteenth century evolution of the bicycle: **top** - velocipede of the 1860s; **middle** - the ordinary bicycle of the 1870s; **bottom** - the safety bicycle of the 1880s. Pneumatic tires made riding a more comfortable proposition.

Astoria as a chauffeur. Edward acquired an entirely new perspective of the road, touring thousands of miles in the United States and Europe in a state-of-the-art Mercedes sedan with the hotel manager and his wife. He continued as their driver until 1912, when he started a luxury-car installation and repair business with Fred A. Brown of New York. He eventually returned to California to work for Mack-International Truck Corporation as a motor mechanic from 1926 until 1934. His interest in vehicles took wing in the early 1930's when he received flight (continued on page 19)







Dolphin New Years Eve Party

According to some old timers in the Dolphin Club, there has not been a New Year's Eve Party at the club for over fifteen years. On New Year's Eve 2000 the Dolphin Club's New Year's Eve Party was revisited.

This time, in honor of Moon Passinisi. The party was named the First Annual Moon Passinisi New Year's Eve Celebration, and needless to say, it was an event that will be remembered every time the year changes. Approximately 50 members and their guests joined the celebration. The boat house was exquisitely decorated, tables were arranged around a dance floor in front of the stage, and the food and drink were to perfection. There was music to suit everyone's taste, from hip-hop to salsa to jazz, and everyone danced until the night slipped into early morning. At midnight complimentary champagne was uncorked and the Dolphin Club commemorated the year 2001.

Without the help of Christopher Cadelago and his lovely daughter, Francesca, the party would not have been as successful as it was. Thanks to all of the Dolphin Club members who celebrated with us. — Alberto de la Peña





Club Milestones

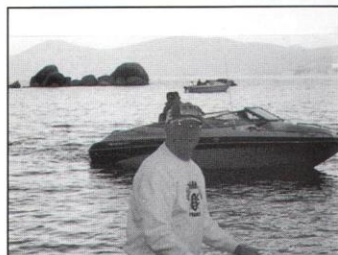
Compiled by Walt Schneebeili

2000

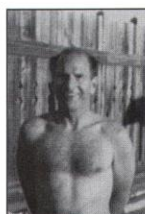
- 25 years



James E. Hulihan, Jr.
August 1975



Conrad VonBlankenburg
August 1975



Tom Hofmann
August 1975

50 years



Ignatius Passantino
June 1950

2001

- 25 years



Peter Applegate - June 1976

50 years



Roy Hooper
July 1951



Richard Detheridge - August 1976

Not Pictured: David Hull - March 1976

DEATHS



Phillip Rourke
October 1962 -
January 2000



Don Wardo
July 1961 -
March 2000



Clement
"Duke" Dupuis
July 1935 -
March 2000



Elaine Peterson
May 1979 -
March 2000



John Ward
January 1976 -
December 2000



Benjamin Joseph
October 1961 -
December 2000



Bill O'Brian
November 1954 -
April 2001

SWIM COMMISSIONER'S REPORT

Suzie Dods

Roaring into Summer

Whew! The year started off with a bang. Accompanied by no fewer than 57 pilots, 90 swimmers challenged transcendental water temperatures for the New Year's Day Alcatraz. Congratulations to all.

Our Mid-Winter Cove was well-attended, well-run, and the course had a twist to it. All this and plenty of donuts bring the warm draft of teamwork into the midst of the winter's chill. At the time of this writing, I have big plans for next year's—we'll see how multiple courses works.

Gas House Cove in February dawned cold, wet and rainy, but the swim went wonderfully. A sharp-eyed Sue Garfield and a generous Keith Weaver narrowly averted a cream cheese crisis. Thanks to you both.

I want to thank all of the people who have been so helpful during my first few months as your swim commish. Pete Bianucci, Anthony DuComb, Phil Rollins, Sue Garfield, Debbie Rose, Deb Henning, Reuben Hechanova, Sid Hollister, Elmer Tosta and many more help us be successful by acquiring donuts and bagels, cleaning up, raking the beach, and mastering all the other tasks that need to be accomplished. I appreciate all of your efforts. You are the ones who make it work. I just show up.

I took this job because I have been given so much by the club, both in the way of opportunities and in a richness of friends. After 10 years of being given to, it is my turn to give.

This year the Gate swim is being held fairly early: July 15, 2001. Remember, you need 3 swims, 2 helps and at least six

months as a member of the club before you qualify for the Gate. Also, you swimmers, if you have not yet signed up for a PMS team, think about signing up as a Dolphin. We are a designated club and if all our swimmers signed as such we could do quite well. Please contact me if you have any questions about this.

I am looking forward to a fun, safe and challenging year as your swim commissioner. If you have any questions, ideas

We are extremely fortunate to have such active and helpful pilot crews. We cannot execute our swims without them. To that end, any time you see a pilot hauling their boat, kayak or surfboard, please help them. Remember that they had to row or paddle to the swim start and make it home under their own power. To better aid our pilots, we have created a new help role, that of "Apron Chief." The Apron Chief will be on our dock on the day of a swim. Ask the Chief what you can do to help.

I have been overwhelmed by the support I have received. Helping out is becoming ingrained, I have noticed. Sue Garfield will be on vacation during the summer, so there will be an extra need for galley help. I would like to swim a few swims, so

timing and recording positions will need to be filled.

We have a full schedule this year. I hope to see lots of longtime swimmers, rowers, and helpers as well as many of our newer members. You *are* the swim program—be a part of it!

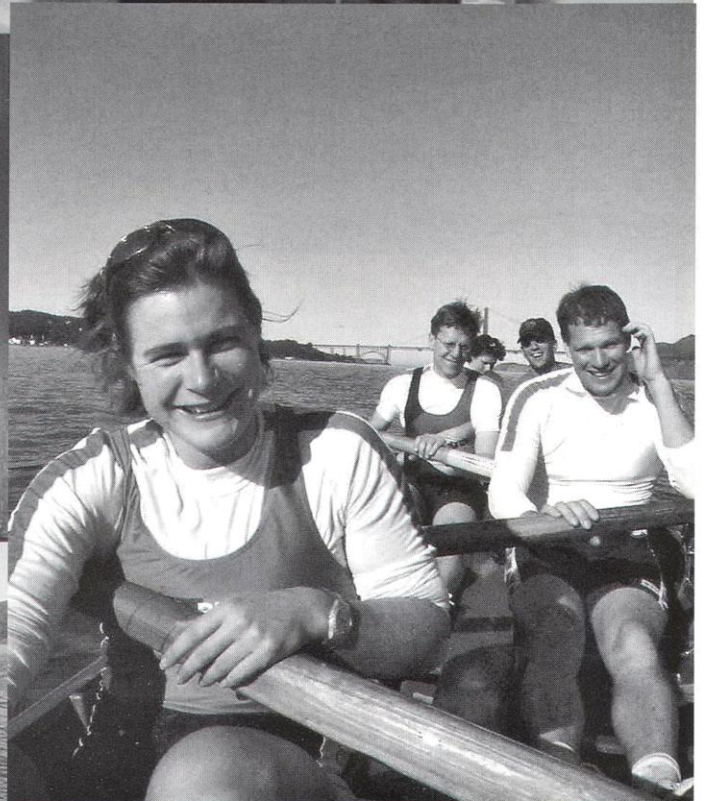
One final note: In the fine tradition of Dolphins challenging the English Channel, Duke Dahlin is planning on making his attempt in late August or early September. He would appreciate any encouragement you can give him. As I know from personal experience, it gets lonely swimming for 10 hours. Paddle or swim by and say Hi!



about how to make the swim program better or if you are curious about how to get more involved in one of the most unique and successful athletic programs in the bay area, please call me, leave me a note in the mailbox room or approach me in person. With this in mind, here are some basic suggestions for making this year run as smoothly as it has begun:

Please try to sign up *before* a swim. This way we can better judge the pilot, trinket and donut needs. Swim fees are \$41.00, a paltry admission fee for a year's worth of food, fun and ever-more-exotic trinkets. The fees cover all swims except the Escape from Alcatraz Triathlon and the New Year's Day Alcatraz swim. Please remember that bright fluorescent orange caps are required for out-of-cove swims. They can be acquired for a nominal fee before all swims.

Joe Bruno
Golden Gate Swim
July 15, 2001



DOLPHIN SWIM STATISTICS

SEPTEMBER 15, 2000 - APRIL 1, 2001

Twilight Pier 43 1/2 September 15, 2000

Warm evening, warm water, nice ebb, and nice crowd.

1. A. Engelskirchen18:32
2. Chris Kelly19:42
3. Marla McGowan19:43



4. Pam Derks20:20
5. John Lennox20:48
6. Philip Scarborough20:55
7. Dave Rich21:01
8. Todd Oppenheimer21:18
9. John Pelka21:20
10. Bill Hadley22:08
11. Pat McGarvey22:08
12. Joe Illick22:14
13. Karen Boyer22:18
14. Jay Donato22:25
15. David Donohue22:37
16. Peter McLaughlin22:48
17. Rebecca Tilley22:58
18. Tom Kluglen23:13
19. Bob Blum23:53
20. Larry Scroggins24:10
21. Kate Coleman24:22
22. Bob Fewster24:26
23. Megan Sullivan25:30
24. Barry Christian26:04
25. Joe Ferrero26:24
26. Phil Fernandez26:30
27. Keith Nelson26:39
28. Matt Sheridan27:00
29. Tom Dugan27:19
30. Ken Coren27:20
31. Mark Mullen27:33
32. Tom Davis27:33
33. George Gara27:47
34. Frank H. Roddy27:55
35. Joni Beemsterboer27:55
36. Voytek Chelkowski28:04
37. Roger Kleid29:17
38. Ron Meunier30:55
39. John Bacon31:00
40. Clint Callan33:22
41. Anh Crutcher33:40
42. Steve Lathram35:05

43. Will Powning38:55
44. Debbie Rose43:15
45. Pavla Podolska47:17

Pilots: Susan Allen, Judi Apfel, Ray Artigues, John Bielinski, Stephanie Cain, Andy Camous, Steve Counselman, Albert de la Pena, Suzie Dods, Gary Ehrsam, Jim Fagan, Mara

Frattasio, Stuart Gallant, Brian Gilbert, Tom Hofmann, Phil Kohlenberg, Jennifer Lamers, Dan Osborne, Monica Towers and Keith Weaver.

Helpers: Pete Bianucci, Nick Blum, Voytek Chelkowski, Tom Davis, Anthony DuComb, Chris Kelly, Tom Kuglen, Nancy Ludwigsen, Peter McLaughlin, Mimi Osborne, Pavla Podolska, Meg Reilly, Frank (Hardy) Roddy, Debby Rose, Matt Sheridan and John Theede.

Alcatraz September 24, 2000

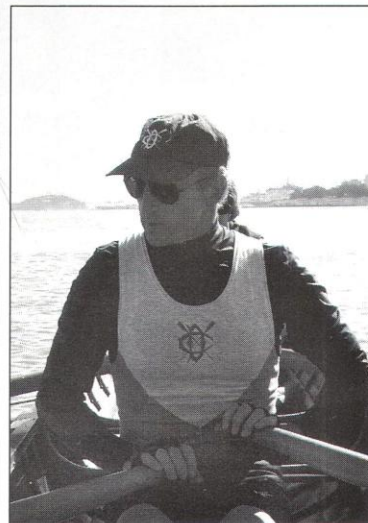
Beautiful late summer, early fall day, great pilot coverage, slight breeze, slight chop, strong flood at start that drove most swimmers East with ebb arriving at end of swim.

1. A. Engelskirchen34:08
2. Laura Burtch37:39
3. Pam Derks38:14
4. Candice Kelly38:50
5. Alan Budenz39:53
6. Alice Jones40:36
7. Phil Scarborough41:02
8. David Rich41:28
9. Phil Rollins41:39
10. Jay Donato42:41
11. Todd Oppenheimer42:42
12. Margaret Keenan42:44
13. John Pelka42:46
14. Peter Darlington42:50
15. E. vonBlankenburg42:52
16. Pat McGarvey42:58
17. Joe Illick45:17
18. C. vonBlankenburg45:32

19. Kate Coleman45:45
20. Tom Kuglen46:44
21. Neal Powers46:45
22. Bob Blum47:18
23. Mason Flynn48:32
24. Bob Fewster48:52
25. Pete Neubauer49:53
26. Megan Sullivan50:01
27. Eric Shackelford50:32
28. Jennifer Lamers50:57
29. Joe Ferraro51:33
30. Nancy Friedman51:47
31. Phil Fernandez53:26
32. Keith Nelson54:51
33. Robin Rome54:55
34. John Maddox55:01
35. Susan Cobb57:05
36. Jackie Merovich57:18
37. Tom Davis57:28
38. Ken Coren57:58
39. George Robin57:59
40. Lee Hammack58:32
41. George Gara59:21
42. Tom Kernan59:49
43. Tom Dugan1:00:29
44. Ray Hassan1:00:43
45. Sue Garfield1:02:04
46. Wojciech Chelkowski1:02:54
47. Roger Kleid1:06:00
48. Jim Grant1:06:03
49. Larry Wisch1:07:52
50. Tom Sancimino1:10:33
51. Gail Grynbaum1:13:59
52. Sara McCuskey1:29:44
53. Debbie Rose1:33:26

Pilots: Judy Apfel, Ray Artigues, Pete Bianucci, John Bielinski, Karen Boyer,

Mara Frattasio, Susanne Friedrich, Colin Gift, Roger Hanson, Don Harrison, Neil Hartnett, Deb Henning, Tom Hofmann, Hal Irish, Hugo Kenyon, Phil Kohlenberg, Steve Lathram, Garahm Lahiff, John Latta,



Susan Lauritzen, Michael Lee, McGurrian Leibert, Marla McGowan, Sunny McKee, Kathy McKinley, Eric Mellenger, Jon Nakamura, Dan Osborne, Emily Roth, Mary Sancimino, Steve Schatz, Heidi Schriefer, Walt Schneebeil, John Selmer, Jannike Skaar, Miles Smith, Meredith Watts and David Zovickian.



David Broadbear, Eric Burke, Tom Callinan, Andy Camous, Mary Cantini-Norkin, Barry Christian, Rich Cooper, Duke Dahlin, Bob Danielson, Al de la Pena, Suzie Dods, Anthony DuComb, Gary Ehrsam, Jim Fagan, Keith Foxe,

Helpers: Susan Allen, Susan Anson, Bob Blum, Nick Blum, Alan Budenz, Suzie Dods, Jeff Garfield, Reuben Hechanova, Sid Hollister, Nancy Hornor, Pat Howard, Candice Kelly, Tom Kernan, John Lennox, Sunny

McKee, Bates Nakamura, Mark O'Hara, Peter McLaughlin, Mimi Osborne, Marty Robin, Phil Rollins, Debby Rose, Vicki Smith and Elmer Tosta.

17. Megan Sullivan	30:27
18. Mark McKee	30:35
19. Greg Hicks ***	30:42
20. Kate Coleman	31:15
21. Peter Neubauer	31:29
22. Tom Kuglen	31:43



Joe Bruno Golden Gate Swim October 7, 2000

A bit overcast, but nice water and a fine boat. Water temperature around 60, and a great day for all.

1. A. Engelskirchen *	24:38
2. Marla McGowan **	26:04
3. Chris Kelly	26:19
4. Alan Budenz	26:26
5. Jon Nakamura	26:34
6. Alice Jones	26:42
7. David Rich	27:01
8. E. vonBlankenburg	27:08
9. John Pelka	27:14
10. Peter Drino	27:58
11. Peter McLaughlin	29:30
12. Mason Flynn	29:37



13. Bob Blum	29:43
14. Joe Illick	30:00
14. Larry Scroggins	30:00
15. C. vonBlankenburg	30:17
16. Neil Powers	30:26

23. Eric Shackelford	31:52
24. Margaret Keenan	31:54
25. Joe Ferrero	32:45
26. Krist Jake	33:10
27. Keith Nelson	33:23
28. Barry Christian	33:35
29. Kenneth Coren	34:07
30. John Mattox	34:21
31. Lorna Newlin	34:25
32. Tom Kernan	34:54
33. Lee Hammack	35:06
34. George Robin	35:10
35. Steve Counselman	35:11
36. Tom Davis****	35:16
37. Stephanie Cain	35:25
38. Jerry Cullen	36:07
39. George Gara	36:22
40. Hardy Roddy	36:41
41. Sue Garfield	37:04
42. Rey Hassan	37:40
43. Anthony DuComb	37:45
44. Sid Hollister	39:00
45. Jim Grant	40:28
46. Susan Lauritzen	40:44
47. Steve Townsend	40:45
48. Conrad Liberty	42:24
49. Steve Lathram	42:30
50. Gail Grynbaum	42:52
51. Gary Ehram	45:32
52. David Broadbear	48:39
53. Debby Rose	54:13
54. John Theede	55:06
55. Sara McCuskey	55:13
56. Pavla Podolska	55:47
57. Noel Frelicot	59:15
58. Walt Schneebeil###	1:00:00
59. Paul Brady	1:04:05
Steve North	.DNF
Don Reid	.DNF

* 1st Pollywog
** 1st Female
*** 1st City Employee
**** Youngest
Oldest

Pilots: Susan Allen, Ray Artigues, Louise Bea, John Bielenski, Si Bunting, Peter Butler, Tom Callinan, Andy Camous, Candace Kelly, Rich Cooper, Voytek Chelkowski, Anh Cruther, Duke Dahlin, Bob Danielson, Peter Darlington, Ed DeCoso, Al de la Pena, David Donohue, Padric Doyle, Jim Fagan, Susanne Friedrich, Phil Fernandez, Stuart Gallant, Brian Gilbert, Paul Gisler, Joel Good, Bill Hadley, Reuben Hechanova, Deb Henning, Phil Kohlenberg, Mike Lee, Harry Louie, Tom McGraw, Sunny McKee, Kathy McKinley, Jackie Merovich, John Meyer, Mark Mullen, Pat North, Todd Oppenheimer, Dan Osborne, Story Rafter, Gabe Scurlock, Matt Sheridan, Nellie Solomon, Pam Stillwagon, Rebecca Tilley, Jenny von Blankenburg, Keith Weaver, Mike Webb and Dave Zovickian.

Helpers: Mary Alex, Pete Bianucci, Nick Blum, Laura Burtch, Lindsay Casablanca, Pat Clancey, Tim Coyne, John Davis, Suzie Dods, Anthony DuComb, Kelly Gleason, Jeff Goodrich, Neil Hartnett, Lian Hennessey, Greg Holeninski, Sid Hollister, Vince Huang, Laura Merkl, Ray O'Neil, Mimi Osborne, Pavla Podolska, Meg Reilly, Debby Rose, Gena Russ and Elmer Tosta.

100 Mile Swim

June 1, 2000 - October 31, 2000

Suzie Dods	194
Tom Kernan	153
Duke Dahlin	144.50
Joe Illick	133.50
Vince Huang	126.50
Margaret Keenan	110
Mary Cantini-Norkin	109.50
Tom Hofmann	106.75
Peter Conidi	105
John Mattox	105
John Pelka	105
Laura Burtch	104
Phil Rollins	102
Pavla Podolska	102
Mark McKee	101.50
Dan Osborne	101.50
Neal Powers	101.50
Peter McLaughlin	101.25
Bob Blum	101
Alan Budenz	100.50
Tom Kuglen	100.50
Rebecca Tilley	100.25
John Dugan	100
Rey Hassan	100
Sunny McKee	100
Mimi Osborne	100

Thanksgiving Day Cove November 23, 2000

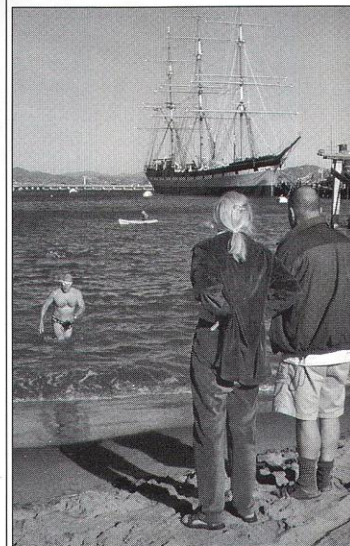
Turkey Feather Course

1. John Lennox	19:28
2. Si Bunting	19:50
3. Ali Hall	19:52
4. Peter Drino	20:51
5. Peter Darlington	20:53
6. David Rich	20:58
7. John Pelka	21:04
8. Joe Illick	21:40

9. Vince Huang	21:40
10. Mickey LaVelle	22:21
11. Mary Ott	22:49
12. Gina Rus	22:14
13. Liz Ann Schiff	23:17(fins)
14. Greg Hicks	23:22
15. Bob Fewster	23:28
16. Jessica Gath	24:57
17. Larry Scroggins	25:14
18. Krist Jake	25:32
19. John Mattox	26:52
20. Mark Mullen	27:04
21. Naftali Offen	27:18
22. Lee Hammack	27:23
23. Ted Davis	29:20
24. Tom Davis	31:30
25. Mary C. Norkin	36:03
26. Will Powning	36:40

Drumstick Course (Goalposts and back)

1. Dan Osborne	17:02
2. Barbara Byrnes	17:29
3. Rich Cooper	18:48
4. Jennifer Lamers	19:29
5. Monica Towers	20:22
6. Sid Hollister	21:23
7. Noel Turner	21:23
8. Anthony DuComb	21:28
9. Ken Coren	21:37
10. Era Osibe	23:58
11. Mary Alex	24:20
12. Noel Frelicot	24:30
13. Anne Sasaki	26:19



14. Mimi Osborne	27:58
15. John Theede	29:38
16. Don Reid	29:59
17. Sara McCuskey	30:13
18. David Broadbear	30:13
19. Steve North	33:06
20. Dan Taffe	36:01
21. Ray Artigues	39:38
22. Kevin Boden	47:30

Pilots: Jim Fagan, Kathy McKinley, Phil Kohlenberg, Meredith Watts, Eric and David Shackelford, Matthew Sheridan.

Helpers: Liam Hennessey, Elmer Tosta, Laura Merkl, Susan Allen, Gail Grynbaum, John Theede, Cathy



Escape From Alcatraz Triathlon – 2000

	<i>Name</i>	<i>Club</i>	<i>Swim</i>	<i>Bike</i>	<i>Run</i>	<i>Total</i>
1.	Mason Flynn	DC	40:04	49:00	2:13:20	3:42:20
2.	Eric Burke	DC	42:39	60:00	2:25:37	4:07:37
3.	Mark McKee	DC	40:43	60:00	2:33:55	4:12:55
4.	William Hadley	DC	39:35	53:00	2:51:20	4:23:20
5.	Matt Davis	SE	45:20	56:00	2:48:10	4:29:10
6.	Mark Mullen	DC	50:47	60:00	2:42:30	4:32:30
7.	Chris Chorak (1st female)	DC	33:54	58:00	3:09:50	4:40:50
8.	Brent Pohlman	SE	37:34	56:00	3:10:12	4:43:12
9.	Tom Pier	SE	34:02	61:00	3:19:12	4:54:40
10.	Phil Scarbough	DC	37:57	58:00	3:19:42	4:54:42
11.	Anthony DuComb	DC	51:33	65:00	2:59:05	4:55:05
12.	Margaret Keenan (1st female cruiser)	DC	38:05	61:00	3:17:15	4:56:15
13.	John Kinney	SE	39:54	71:00	3:18:56	5:08:56
14.	Mike Webb (1st male cruiser)	DC	44:25	64:00	3:25:21	5:13:21
15.	Jon Nakamura	DC	34:55	68:00	3:36:30	5:18:30
16.	Keith Nowell	SE	49:59	69:00	3:23:53	5:21:53
17.	Krist Jake	DC	44:00	78:00	3:23:42	5:25:42
18.	Sunny McKee	DC	42:18	68:00	3:38:35	5:28:35
19.	Ken Coren	DC	49:21	66:00	3:35:47	5:30:47
20.	Hal Offen	DC	58:45	80:00	3:17:00	5:35:02
21.	Tom Callanan (20th and last time)	DC	49:20	60:00	3:46:00	5:35:05
22.	Matt Sheridan	DC	47:37	68:00	3:40:00	5:35:56
23.	Andy Field	SE	44:53	68:00	3:46:00	5:38:10
24.	Ben Grieb	SE	53:19	72:00	3:33:00	5:41:28
25.	Tom Linthicum	SE	54:11	83:00	3:41:02	5:58:02
26.	Debbie Bispo	DC	45:59	95:00	3:39:47	5:59:47
27.	Patricia Banks	SE	49:38	94:00	3:37:35	6:00:35
28.	Gary Emich	SE	43:32	73:00	4:11:48	6:07:48
29.	Rabbecca Tilley	DC	42:46	75:00	4:13:08	6:10:08
30.	Regina Rus	DC	43:06	74:00	4:18:00	6:15:02
31.	Barry Christian	DC	49:31	78:00	4:15:00	6:22:07
32.	Susan Hop	SE	45:15	82:00	4:15:00	6:22:08
33.	Gary Ehram	DC	65:54	72:00	4:43:00	6:39:21
34.	Michael Lagios (oldest)	SE	58:50	80:00	6:11:00	7:29:10
35.	Mary Cantini-Norkin	DC	64:46	105:00	5:58:00	7:43:43
36.	Louise Bea	DC	DNF	95:00	6:29:00	7:32:05
37.	Mike Laramie	SE	46:26	113:00	DNF	
38.	Suzie Dods	DC	42:20	128:00	DNF	
39.	Lorna Newlin	DC	50:44	149:00	DNF	
40.	Dave Horning	SE	35:10	DNF		
	<i>Relays</i>	<i>Club</i>	<i>Swim</i>	<i>Bike</i>	<i>Run</i>	<i>Total</i>
1.	John Mervin	DC	43:26			
	Gabe Scurlock	DC		48:00		
	Phil Reif	DC			2:23:42	3:54:42
2.	Candice Kelly	DC	37:35			
	Vince Huang	DC		54:00		
	Margaret Curtis	DC			3:10:00	4:41:00
3.	Marla McGowan	DC	33:49			
	Megan Sullivan	DC		56:00		
	Marty Mattox	DC			3:13:00	
4.	Laura Merkl	DC	36:05			
	Carol Watson	DC		72:00	4:07:00	5:55:14
5.	Joe Illick (total team 184 years)	DC	45:05			
	Peter Butler	DC		67:00		
	Emily Roth	DC			4:58:39	6:50:39

Huang, Chelsea Huang, Jackie Merovich, Matthew Sheridan, Anthony DuComb, John Davis, Ted Davis, Tom Davis, Don Harrison, Sid Hollister, and Sue Garfield.

17. George Robin	17:25
18. Gail Grynbaum	21:30
19. Anne Sasaki	22:35
20. Pat Howard	23:05
21. Will Powning	24:00



New Year's Day Cove January 1, 2001

Little flood, warm temperatures, water about 52 degrees, 1/2 mile course

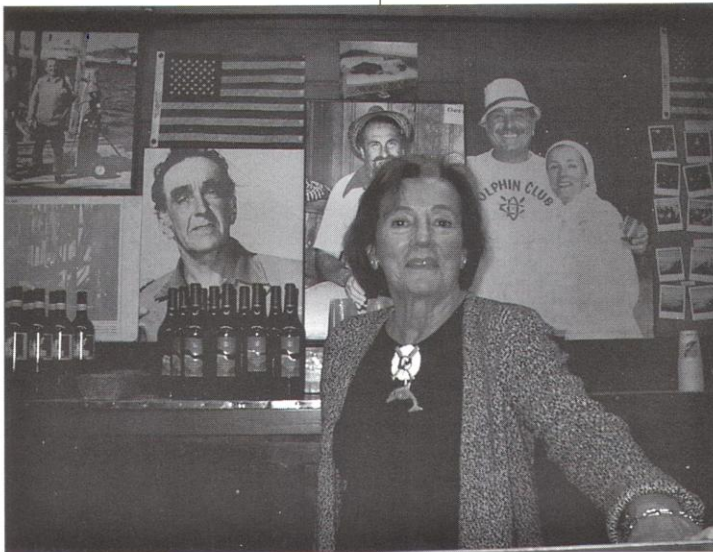
1. Becky Fenson	10:09
2. John Octersberg	10:27
3. Allie Hall	11:22
4. Kirk Moon	12:25
5. Laura Zovickian	13:15
6. Joe Illick	13:53
7. Dan Osborne	13:57
8. Larry Scroggins	13:58
9. David Donohue	14:02
10. Alan Budenz	15:00
11. Dave Zovickian	15:00
12. Debbie Bispo	16:40

Pilots: Susan Allen and Phil Rollins.

Helpers: Jennifer Lamers, Dolores Meehan, Lorna Newlin and Don Reid.

New Year's Day Alcatraz January 1, 2001

1. Suzanne Heim	23.20	DC
2. John Selmer	26.40	DC
3. Scott Haskins	27.16	DC
4. David Ritter	27.35	SE
5. A. Engelskirchen	27.40	DC
6. Patrick McMillan	27.52	SE
7. Alex Johnston	27.56	SE
8. Patrick McBride	28.00	SE
9. Liam Hennessy	28.09	DC
10. Tim Reid	29.17	SE
11. Paul Sagara	29.20	SE



13. Barry Christian	17:00
14. Joe Ferraro	17:13
15. Naphtali Offen	17:17
16. Vic Pizarro	17:25

12. Sy Bunting	30.17	DC
13. John Hathaway	30.22	SE
14. Mike Laramie	30.40	SE
15. Sue Free	30.43	SE

16. Nancy McIlvaine	30.55	SE
17. Duke Dahlin	31.11	DC
18. Rick Barthels	31.32	SE
19. David Rich	31.57	SE
20. Jon Nakamura	32.05	DC
21. Mickey Lavelle	32.15	DC
22. John Lennox	32.20	DC
23. Peter Drino	32.29	DC
24. Kristina Buckley	32.35	DC
25. John Sasson	32.44	SE
26. Drew Downs	32.48	SE
27. Laura Colette	32.55	SE
28. Laura Merkl	33.32	DC
29. Paul Wolf	33.29	DC
30. Tom Paoli	33.56	SE
31. Kelly Gleason	34.02	DC
32. Phil Rollins	34.06	DC
33. John Pelka	34.10	DC
34. Pedro Ordonez	34.31	SE
35. Philip Scarborough	34.37	DC
36. Gina Rus	34.44	DC
37. Tom Carlson	35.14	SE
38. Marti Bailie	35.30	SE
39. Gary Emich	35.54	SE
40. C. V. Blankenburg	35.57	DC
41. Steve de la Pena	36.15	SE
42. Jennifer Lamers	36.24	DC
43. Paul Weiss	36.31	SE
44. Neal Powers	36.45	DC
45. David Blende	36.56	SE
46. Rebecca Tilley	36.59	DC
47. Nancy Iverson	37.29	SE
48. Peter McLaughlin	37.37	DC
49. Mary Ott	38.04	DC
50. Mark Welte	38.34	SE
51. Sam Silver	38.49	SE
52. Steven Hurwitz	38.54	SE
53. Matthew Sheridan	39.08	DC
54. Sunny McKee	39.13	DC
55. Krist Jake	39.20	DC
56. Mark McKee	39.26	DC
57. Peter Neubauer	39.38	DC
58. Ben Grieb	40.10	SE
59. Andy Field	40.15	SE
60. Greg Warnhuis	40.39	SE
61. Kevin Buckholtz	40.54	SE
62. Dadie Traughbar	41.03	SE
63. Mike Johnson	41.07	SE
64. Laurel Condro	41.19	SE
65. Fred Johnson	41.25	DC
66. Bob Besso	42.03	SE
67. Bruce Armbruster	42.07	SE
68. Kevin O'Keefe	42.15	SE
69. Lee Block	42.39	SE
70. Linda Nowell	42.45	SE
71. Keith Nowell	44.08	SE
72. Ken Coren	44.20	DC
73. John Mattox	44.32	DC
74. Eric Steele	44.40	SE
75. Bill Wygant	44.56	SE
76. Mike O'Connell	45.07	SE
77. Peter Conidi	45.16	DC
78. Tom Linthicum	45.28	SE
79. Marc Worrall	47.04	SE
80. Chris Trotta	47.20	SE
81. Mike Lagios	47.35	SE
82. Anthony DuComb	47.57	DC
83. Laurey Greider	48.54	SE
84. Vince Rioux	49.19	DC
85. Rey Hassan	49.29	DC
86. Michael Lee	50.06	DC
87. Pat Peyton	50.35	SE
88. Mike Berline	55.56	SE
89. Pat Tomada	55.59	SE
90. Gary Ehram	56.52	DC

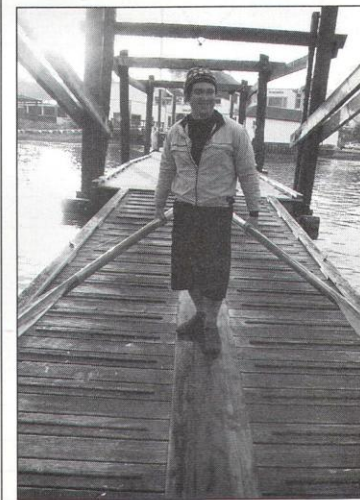
Pilots: Susan Allen, Ray Artigues, Eduardo Barranco, Louise Bea, Pete Bianucci, Karen Boyer, Jon Bielinski, Paul Brady, David Broadbear, Alan Budenz, Gail Grynbaum, Barbara Byrnes, Lindsay Casablanca, Mary Cantini-Norkin, Pierre Chavanne, Wojciech Chelkowski, Barry Christian, Rich Cooper, Joe Cowan, Bob Danielson, Peter Darlington, David Donohue, Jim Fagin, Conlin Gift, Ron de Goeij, Jim Grant, Don Harrison, Ruben Hechanova, Deb Henning, Seada van den Herick Barbara Kavanagh, Dennis Kavanagh, Phil Kohlenberg, John Koryum, Dan McGill, Kathy McKinley, Delores Meehan, Eric Mellinger, Kirk Moon, Naphtali Offen, Dan Osborne, Tom Paper, Al de la Pena, Will Powning, Phil Reiff, George Robin, Emily Roth, Heidi Schriefer, Larry Scroggins, Joe Schatz, Eric Shackelford, Gabe Scurlock, John Theede, Meredith Wotts and David Zovickian

Helpers: Jon Bielinski, Peter Darlington, Suzie Dods, Sue Garfield, Deb Henning, Jennifer Lamers, Dolores Mehan, Lorna Newlin, Ben Owen, Eric Mellenger, Phil Rollins and Sid Hollister.

Test Swim Pilots: Pete Bianucci, Al de la Pena, Suzie Dods, Anthony DuComb and Kelly Gleason.

Test Swimmers: Joe Illick, Larry Scroggins and David Zovickian.

Mid-Winter Cove January 21, 2001



1. Suzanne Heim	18:55
2. Scott Haskins	19:45
3. John Ottersburg	19:46
4. Ali Hall	20:36
5. Liam Hennesey	21:09
6. Duke Dahlin	23:09
7. Mickey Lavelle	23:32
8. Joe Illick	27:04
9. Sunny McKee	27:04
10. Mark McKee	28:10
11. Pete Neubauer	28:23
12. David Zovickian	28:36

13. Greg Hicks28:45
14. George Robin31:24
15. Jackie Merovich32:20
16. Sue Garfield33:48
17. Gerry Cullen33:54
18. Naphtali Offen35:04
19. Anne Sasaki35:17
20. Susan Cobb35:34
21. Larry Wisch38:56
22. John Theede55:08

Short Course

1. Herb Madden20:52
2. Pete Bianucci23:25
3. Debbie Rose25:38
4. Keith Weaver26:58
5. Don Reid29:56

Pilots: Susan Allen, Mary Cantini-Norkin, Jim Fagan, Don Harrison, Conrad vonBlankenburg and Oscar

Helpers: Ray Artigues, Jerry Cullen, Suzie Dodds, Jay Donato, Sue Garfield, Lee Hammack, Greg Hicks, Pat Howard, Joe Illick, Krist Jake, Margaret Keenan, Pete Neubauer,

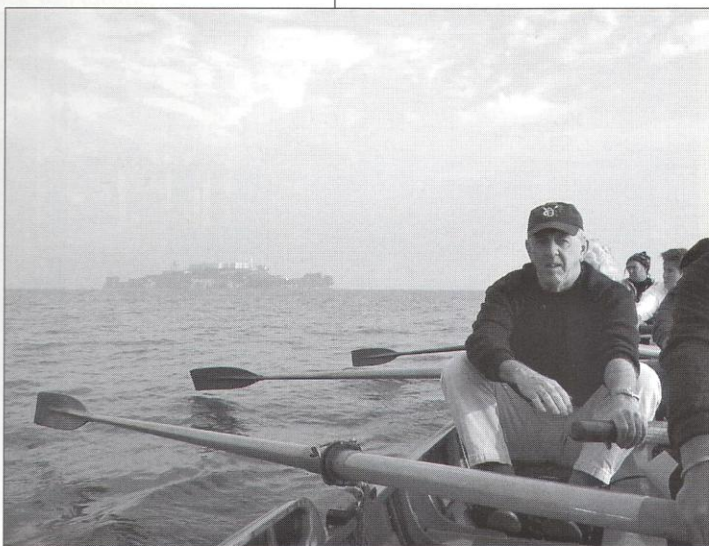
20. Jerry Cullen24:32
21. Sue Garfield24:40
22. Noel Turner24:41
23. Mark Mullen24:50
24. Larry Wisch25:05
25. Liam Hennessey26:26
26. Steve Townsend27:50
27. Will Powning28:45
28. Pete Bianucci28:47
29. Don Reid35:26
30. Duke Dahlinwho knows

Pilots: Ray Artigues, Louise Bea, Jon Bielinski, Paul Brady, Mary Cantini, Rich Cooper, Peter Darlington, Ed DeCossio, Jim Fagin, Brian Gilbert, Don Harrison, Rubin Hechanova, Deb Henning, Kathy McKinley, Phil Kohlenburg, John O'Hersberg, Al de la Peña, and George Robin.

Helpers: Laura Burtch, Lindsay Casablanca, Duke Dahlin, Lee Hammack, Liam Hennessey, Sid Hollister, Joe Illick, Krist Jake, Mickey Lavelle, Laura Merkl, Mark O'Hara, Neal Powers, Phil Rollins, Mathew

18. Sue Garfield41:34
19. Naphtali Offen41:57
20. Tom Dugan43:30

Jay Donato, Andrew Ferraro, Joe Ferraro, Sue Garfield, Kirk Moon, Laura Muld, Neal Powers, Diane



3/4 Mile Course

1. Neil Powers23:02
2. Nancy Friedman25:42
3. Bob Colyar26:44
4. Susan Cobb28:17
5. Sandy Lehmkuhl31:14
6. Will Gregory33:14
7. Pete Bianucci34:04
8. Debbie Rose38:19

1/2 Mile Course

1. Debbie Bispo17:46
2. Lee Hammock21:03
3. Barry Christian21:48
4. Lorna Newlin22:35
5. Noel Frelicot24:49
6. Keith Weaver28:38
7. Don Reid31:03

Sosnoski, Rebecca Tilley, Thomas Wehlen, Bonnie Winn and Joe Illick,

Polar Bear 2000 - 2001

- | | |
|------------------------|--------|
| Joe Illick | 141.75 |
| Laura Merkl | 106.5 |
| Duke Dahlin | 100 |
| Liam Hennessey | 100 |
| John Ottersberg* | 73 |
| Peter Conidi | 72.50 |
| Neal Powers | 71 |
| Vince Huang | 65 |
| John Pelka | 57.50 |
| Phil Rollins | 57.50 |
| Si Bunting* | 56 |
| John Selmer | 55 |
| Ali Hall* | 54 |
| Krist Jake | 53 |
| Vic Pizzaro | 52 |



Lorna Newlin, Debbie Rose, Anne Sasaki, Elmer Tosta, Keith Weaver and Larry Wisch.

Gas House Cove Swim February 10, 2001

1. Tom Keller17:56
2. Mickey Lavelle18:05
3. Jon Nakamura18:14
4. John Pelka19:13
5. Phil Scarborough19:39
6. Joe Illick20:10
7. Krist Jake20:12
8. Mary Ott20:30
9. Jennifer Lamers20:51
10. Neal Powers21:14
11. Larry Scroggins21:27
12. Pete Neubauer21:48
13. Jackie Merovich22:23
14. John Mattox22:43
15. Roger Kleid23:20
16. Tom Dugan23:33
17. Naphtali Offen23:45
18. Ken Coren24:14
19. Anthony DuComb24:29

Sheridan, John Theede, Keith Weaver, Larry Wisch, Noah Zovickian, and Dave Zovickian.

Spring Cove March 18, 2001

1 Mile Course

1. John Ottersberg24:29
2. Liam Hennessey25:03
3. Duke Dahlin26:48
4. Kirk Moon27:55
5. Micky Lavelle28:53
6. Alan Budenz29:54
7. Phil Scarborough30:33
8. Laura Burtch31:23
9. Dave Zovickian31:26
10. Mary Ott32:56
11. Margaret Keenan33:45
12. Mark O'Hara33:52
13. Anita Holmquist35:14
14. Krist Jake36:04
15. Joe Illick36:13
16. Mark Mullen39:34
17. Roger Kleid41:07



Pilots: Susan Allen, Jim Fagan, Don Harrison, Kathy McKinley, Eric Shackelford and Conrad vonBlankenburg

Helpers: Debbie Bispo, Bob Colyar,

- | | |
|----------------------|-------|
| Anthony DuComb | 50 |
| Peter Drino | 49 |
| Steve Townsend | 48 |
| Paul Brady | 47.50 |
| Mark McKee | 47.50 |

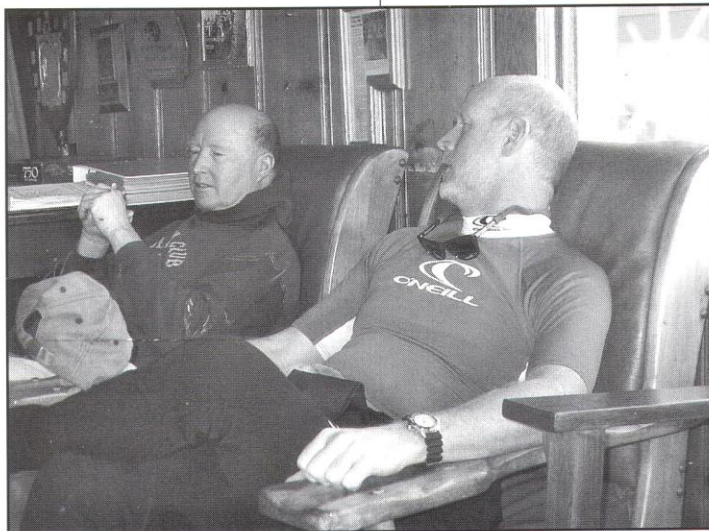
Sunny McKee46.50
 Thomas Wehlen*45.50
 Pete Neubauer45

Peter McLaughlin41
 Jon Nakamura41
 Anne Sasaki41



Larry Scroggins44.50
 Rey Hassan44
 Mark Mullen44
 Susan Cobb43.75
 John Davies43.50
 Carter Seddon43.50
 C. von Blankenburg43.50
 George Robin43.25
 Lee Hammack43
 John Theede43
 Jackie Merovich42.75
 Don Reid42.75
 Laura Burtch42.50
 Rebecca Tilley42.50
 Becky Fenson42.25
 Lindsay Casablanca42
 Michael Lord42
 Mary Ott*42
 Pavla Podolska42
 Phil Kohlenberg41.75

David Zovickian41
 Mara Iaconi*40.75
 Sue Garfield40.50
 Jennifer Lamers40.50
 Tom Dugan*40.25
 Tom Keller40.25
 Mark O'Hara40.25
 Greg Simon40.25
 Pete Bianucci40
 Alan Budenz40
 Suzie Dods40
 John Dugan40
 Mara Frattasio40
 Scott Haskins40
 Anita Holmquist*40
 Tom Kuglen40
 Trish Miller*40
 Dan Osborne40
 Mimi Osborne40
 Liz Ann Schiff40



Ted Davis*41.50
 Ted Tilles*41.50
 Steve Worthington41.25
 Jerry Cullen41
 Tom Hofmann41
 Mickey Lavelle41

A.L. Sullivan*40
Old Goat
 Ray Artigues20.25
 * Virgin Bear

Pier 41 April 1, 2001

1. Sean Kelly16:23
 2. Si Bunting16:58
 3. Kirk Moon18:13
 4. Allan Budenz18:46
 5. Pat McGarvey19:04
 6. Laura Burtch19:12
 7. C. v. Blankenburg19:47
 8. Margaret Keenan19:48
 9. Joe Illick19:52
 10. Larry Scroggins19:56
 11. Krist Jake20:02
 12. Vince Huang20:23
 13. Rebecca Tilley20:23
 14. Kate Coleman20:25
 15. Neal Powers20:28
 16. Diane Sosnoski20:53
 17. Dan Osborne21:00

35. Ray Hassan24:50
 36. Mary Alex25:33
 37. Carol Block25:55
 38. Sid Hollister26:40
 39. Richard Haymes27:03
 40. Mary Cantini27:19
 41. Era Osibe27:44
 42. Noel Frelicot28:39
 43. Bill Johnson28:58
 44. Keith Weaver34:47
 45. Don Reid36:57
 46. Pavla Podloska37:17

Pilots: John Bielinski, Ed de Cassio., Rich Cooper, Ken Coren, Jerry Cullen, Duke Dahlin, Peter Darlington, Gary Ehrsam, Alan Faraham, Jim Fagan, Colin Gift, Don Harrison, Tom Keller, Candace Kelly, Phil Kohlenberg, Mickey Lavelle, Susan Lauritzen,



18. Pete Neubauer21:11
 19. Eric Shackleford21:45
 20. Robin Rome21:56
 21. Bonnie Winn22:05
 22. Debbie Bispo22:43
 23. Bob Colyar22:50
 24. Barry Christian23:21
 25. Jackie Merovich23:32
 26. Monica Towers23:33
 27. Hal Offen23:40
 28. John Mattox23:42
 29. Lee Hammack23:48
 30. Carol Murphy24:08
 31. Sue Garfield24:33
 32. Noel Turner23:34
 33. Joe Cowan24:45
 34. Steve Townsend24:46

Kathy McKinley, Mary Ott, Al de la Pena, David Rich, Nick Strelchuk, Todd Walsh and Dave Zovickian.

Helpers: Si Bunting, Lindsay Casablanca, Kate Coleman, Bob Colyer, Peter Drino, Sue Garfield, Ali Hall, Ray Hassan, Rueben Hechanova, Sid Hollister, Anita Holmquist, Margaret Keenan, Sean Kelly, Roger Kleid, Jackie Merovich, Kirk Moon, Mark Mullen, Pete Neubauer, Mimi Osborne, Pavla Podolska, Neal Powers, Debbie Rose, Walt Schnebelli and Steve Townsend.

Wieland

Continued from page 4

His lips began to look blue. This was one of the few times that "The Horse" didn't complain about his back.

From a distance we could see a fishing boat coming out of the fog and heading toward us. The water was so rough we had a problem keeping our oars in the oarlocks. They were coming down with a great deal of force from the huge waves. If anyone got in the way they could have been injured. The fishing boat finally reached us. She was the *Peggy Anne* out of Berkeley. The paper said we were in the water twenty minutes. I disagree; it was closer to forty-five minutes or even more.

Across a Continent

Continued from page 6

training from W. Brown of the Curtiss-Wright Flying Service. He was then hired by the Douglas Aircraft Company, where he worked for a time in their experimental aircraft department. After a brief stint with Lockheed, he returned to Douglas until his retirement in 1948.

On November 30th, 1968, a few days after the 73rd anniversary of the Minneapolis to San Francisco ride, Edward O. Kragness was feted by the Olympic Club. He was the guest of honor at the Semi-Annual Old Time Athletes Association Dinner Meeting. In his own words: "While I was standing up, I received the greatest ovation of my life from all my 150 fellow members present. It was an evening I will never forget." In his possession at the time was an 18-inch string of bars, each bar representing a

Jimmy was the first one picked up and the rest of the crew climbed aboard. The *Wieland* was towed back to Aquatic Park to the Sea Scout dock. Jimmy Cronin was taken to Park Emergency Hospital and treated for shock. Being a tough old bird, he quickly recovered. His fast recovery was proof positive that he truly lived his "old school" philosophy.

The *Wieland* was pumped out and suffered minor damage. The rest of the crew needed dry clothes and a few Picones at La Rocca's Corner.

No doubt there are as many untold *Wieland* stories as there are rivets in her hull. Hopefully, more will emerge as the pleasure barge enjoys her new life here in the 21st century.

cycling victory. The string resembled the railroad ties that the two young brothers had used as their guide across the continent over seven decades before.

Edward lived in the Richmond District when he reached his 100th birthday in April of 1971. He no longer cycled, but took daily walks around his neighborhood. On November 26th, 1971 the road traveler passed beyond the horizon of the living.

Edward O. Kragness was a witness of and a participant in a century of cultural and technological change. His story serves as a guideline of how to take on our new century – with singular determination and a desire to explore boundaries, wherever they may be found.

Many thanks to Bill Callan, Olympic Club historian, Catherine Jigursky at the Sacramento Railroad Museum and Walt Schneebeil. Their archives and help made this article possible.



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2001 SWIM SCHEDULE

Schedule Subject to Changes

<i>Date</i>	<i>Event</i>	<i>Jump-Off</i>
December 21, 2000 - Tuesday	Polar Bear Swim Begins	
January 1 - Monday	New Year's Day Alcatraz and Cove	TBA
January 21 - Sunday	⊗Mid-Winter Cove	09:00
February 10 - Saturday	⊗Mid-Winter Gas House Cove	09:30
March 18 - Sunday	Spring Cove	09:00
March 21 - Tuesday	Polar Bear Swim Ends	23:59
April 1 - Sunday	⊗Pier 43 1/2	08:45
May 6 - Sunday	⊗Yacht Harbor	09:00
May 27 - Sunday	⊗Pier 39 Swim	08:00
June 1 - Friday	100 Mile Swim Begins	01:01
June 15 - Friday	⊗Twilight Cove - Pot Luck & BBQ	09:30
June 23 - Saturday	⊗Crissy Field	10:30
July 15 - Sunday	⊗Joe Bruno Golden Gate Swim	08:30
July 21 - Saturday	⊗Lake Tahoe Relay	07:30
July 27 - Friday	⊗Twilight Cove - Pot Luck & BBQ	18:30
August 4 - Saturday	⊗Santa Cruz Pier Swim	11:00
August 19 - Sunday	⊗Fort Point	09:00
September 2 - Sunday	⊗Handicap Cove Swim	09:00
September 9 - Sunday	⊗Over Sixty Cove - <i>Swim fees not necessary</i>	10:00
September 16 - Sunday	Over 45 Gas House	12:00
October 7 - Sunday	⊗Alcatraz	08:30
October 21 - Sunday	Escape from Alcatraz Triathlon	09:15
October 31 - Wednesday	100 Mile Swim Ends	23:99
November 3 - Saturday	Dolphin/South End Triathlon	09:15
November 10 - Saturday	Pilots & Swimmers Dinner	09:00
November 22 - Thursday	Thanksgiving Day Cove Swim	09:00
December 16 - Sunday	New Year's Alcatraz Qualifier	09:00
December 21 - Friday	Polar Bear Swim Begins	

• Swim Program Rules •

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commission.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

• Additional qualifications for Alcatraz and Golden Gate Swims •

10. In-town members must successfully complete 2 swims marked with a wheel (⊗) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, non-qualified members will be given priority in qualifying swims.

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DOLPHIN LOG

Winter 2001

The Official Bulletin of the Dolphin Swimming and Boating Club • San Francisco, California • Established in 1877



SANCIMINO FAMILY

~ Circa 1962 ~

THEN AND NOW

~ See Inside ~

NEWS

Dolphin Fund Helps Youth Swimming Programs

The Dolphin Fund is a tax deductible charitable organization set up by the Dolphin Club to help fund local inner-city swim programs. In the past, we have supported programs at the public pool at 22nd and Harrison, the YMCA, the Columbia Boys and Girls Club in the Tenderloin, and the city's summer swim program for youths. As Dolphins, most of our lives have been enriched by swimming. When we were young, someone dedicated time and money to teach many of us how to swim. Now is the time to pass that gift onto a new generation. The Dolphin Fund gives us a unique opportunity to give inner-city children a gift and a skill that brings joy and lasts a lifetime.

Please consider making a contribution to this worthwhile fund. Checks should be made payable to the Dolphin Club Fund/SF Foundation, and be sent to the Dolphin Club, marked "Attention: Dolphin Fund/SF Foundation." You will receive an acknowledgement of your contribution, and the children will be gaining a wonderful opportunity. If you have any questions regarding the fund, please contact John Theede, 415-782-7590.

Iyengar Yoga at the Dolphin Club

Learn yoga in the tradition of BKS Iyengar. Instructor Craig Carraher teaches the techniques and the use of props as developed by Iyengar. In each class, Craig shares his humor and his intimate knowledge of the Iyengar approach by addressing specific body parts, movements and actions. The classes are



Mineko and Company in the Galley

suitable for students at all levels of yoga practice and will bring a sense of peace and calm to all participants. Craig is currently completing an advanced studies program at the Iyengar Institutes of San Francisco.

Classes, which are held every Wednesday, from 8:00 a.m. to 9:30 a.m., cost \$12 each, or five for \$50. You get a free Tapas Sticky Mat with the first series.

For additional information contact Craig at 415-673-7656 or at gemshop@aol.com.

Fish, Friends and One Fireman

Cecco's Kitchen sizzled...the sounds and rich aroma of frying fish and boiled crab wafted out the windows and doors. Olfactory senses of many Dolphins quickened with the aromatic greeting on that Saturday in July. Was it the red pepper?

"You caught how many fish and crabs off our pier? You marinated them in what?" were exclamations heard that sunny day.

Matt, Mark, Marty, George and Jess, were joined by Mineko to sample the fare of ocean perch, jack mackerel and 18 legal crabs boiled to perfection and amazingly full of meat and flavor, all caught at the end

of our dock. Thanks be to Mark O'Hara, fireman, gardener and fisherman extraordinaire, and Matt Macek, the crabbing grandson of George and Marty Robin.

Mineko Gallic, tempted to taste by Mark's "Hmmm, curious.....?" was surprised by the delicately crisp hint of root beer slyly flavoring the tidbit of fried fish in her mouth!

A toast to Lou! A toast to Life!

— M. Robin

In and Out

Getting "In and out" is a term Dolphin swimmers are familiar with, but now it has a whole new meaning for the folks around Aquatic Park. A new culinary institution recently popped open a few blocks down from the club: In and Out Burger. A way of life for many Southern Californians, In and Out's burgers, shakes and fries are, according to some people, the tastiest around.

Some concerned members are entertaining an "In and Out" policy for Dolphins. Borne out of a health concern for those who may be affected arterially by their consumption of these famous burgers, the newly devised year-round policy will help members get a choke hold on impulsive urges.

Pam McGarvey enjoys a sundeck moment





What could have been—and wasn't: a development project for Aquatic Park, circa 1960s

The following is the proposed language:

"Dolphin Members are not allowed to eat a meal at In and Out Burger unless they either: swim one-and-a-half miles, row around Alcatraz, run to Fort Point and back with a westerly headwind of no less than five knots, or play two games of handball.

Winter policy (December 21st through March 21st) is the same, with the exception of the swim distance, which will be reduced to one mile.

While the club is facing other serious issues and some may believe this proposal is frivolous, we must look out for the well-being of our membership (and control our nasty habits).

—Editors

Women's Locker Room News

As all of you who use the women's locker room have probably noticed, our locker room is very damp. Towels and swimsuits don't dry quickly and the floor is frequently "swampy."

Here are some things we must do to help keep the air and floor of the locker room drier:

1. Wring your suit out as best you can in the shower or over the sauna floor drain. An old-fashioned hand wringer is on its way soon to help with this problem.
2. If you see a puddle anywhere in the locker room, please mop it up. There are a couple of mops

around—please return them to a spot in or over a bucket.

3. Please remove carpet squares from the floor—they catch drips, but then stay damp.
4. Please do not hang anything from the fire sprinkler system. To do so violates fire safety regulations.
5. Please remove personal belongings (beach chairs, flotation devices, etc) from locker tops. Locker tops are not permanent storage space and clearing them off will help air circulate.
6. It is a fine idea to open windows on sunny days. However, if you see them open as the cool, damp evening comes on, please close them. Fog contributes to the dampness.

Because of the accumulation of unused or abandoned towels, suits, caps, clothing and other paraphernalia, we must do the following: All personal belongings not inside your locker or on its door will be cleared out of the locker room. This includes the shower and sauna areas.

Starting Wednesday, January 16th, 2002 anything left out will be moved to a lost and found box. This action will be repeated on the third Wednesday of every month. The hooks in the locker room will still be available for you to hang your wet swimsuit on a temporary basis.

Please put your name on anything you value that you decide to keep outside your locker. Use a permanent marker. Sharpies work particularly well. This is especially important on the orange Barracuda caps—they really do all look the same.

The women's locker room is filling up quickly—if you are occupying a locker to which you are not assigned, please remove your belongings immediately or they will be removed for you.

If you do not want anyone to use your wetsuit for piloting, take it home. Otherwise, it must be stored in the large blue wetsuit lockers.

Please direct guests to marked lockers in the corridors to the women's restrooms.

Cleaning

The women's locker room will be closed for cleaning on Wednesday and Sunday evenings between 9:00 p.m. and 10:00 p.m. Please plan accordingly. Thank You,

— Mimi Osborne, Locker #235

Special Dolphin Log – Spring 2002

The editors of the *Dolphin Log* are planning a special commemorative issue celebrating our first-ever female Life Members and the club's 125th birthday. There will be a planning meeting on January 20, 2002 immediately following the Mid-Winter Cove Swim. Members who wish to contribute in any way are urged to attend and help brainstorm for this special issue.

Log Seeks Graphic Designer

The *Dolphin Log* is looking for someone to design and layout the *Log* on a regular basis. The position is voluntary. A solid knowledge of desktop publishing for Macintosh is strongly recommended. Please contact Chris Kelly at 415-292-4082 if you are interested. ☺

MESSAGE FROM THE PRESIDENT

By John Theede

We have accomplished a great deal in the past several years, particularly on the locker room remodeling projects, which are finally coming to completion at the end of this year. The Board of Governors and the Building Committee have done an amazing job of managing our funds in the best way possible to accomplish this and other goals.

With increases in the cost of all construction, repair and restoration, however, our future building maintenance and repair needs will not be met by our existing income stream. At the present membership dues level, we will not continue accumulating enough funds for future maintenance of the facility. We require an adequate reserve of funds each year for roof maintenance, painting, minor repairs and other basic ongoing facility upkeep. In addition, regular expenses such as gas and electric costs have increased

greatly and will not be going down any time in the near future. To help assure our club's future ability to maintain our facilities, the Board of Governors has approved an increase in the dues structure, which will take effect on Jan 1, 2002, pending approval of the Recreation & Park Department.

The Board approved the following at the October 19, 2001 meeting:

- Regular member dues will be raised from \$31 per month to \$36 per month;
- Out of town member dues will be raised from \$5 per month to \$9 per month.

In addition, the board also increased:

- Life members annual locker fees from \$112.00 to \$150.00.
- New member initiation fee from \$50 to \$100.
- Reinstatement fee for terminated members will increase from \$10 to \$50 per reinstatement.

The board also instituted the following:

- A rowing training fee will be charged of \$10 per trainee.
- Long distance rows (overnight) will have a fee of \$25 per rower.



Our last dues increase—approximately four years ago for \$1 per month—was used to hire a part-time janitor. Before that the prior increase occurred around 1991, to help finance our planned locker room remodeling project. The current dues increase is necessary to make our club remain the vital, useful

facility we all want to enjoy.

It has been an honor to serve as the club president for the past two years. I have greatly enjoyed working with all board members, committee members, commissioners and volunteers who put so much time into making our club the great place that it is. I want to recognize the amazing work that these tireless volunteers contribute, and thank them all for what they have given to the Dolphin Club. I also want to encourage all members to join in this spirit of volunteerism and get actively involved in club life. Contact any board member, commissioner or committee member to find out how you can become a more active, contributing volunteer—you are our future. ☐

MILLENNIAL ROW

Log of the *Farrell*

By John Kortum

San Francisco to Collinsville, Friday, September 21, 2001

Editor's note: In the long tradition of Dolphin Club rowing, a hardy group of members recently made the voyage from Aquatic Park in San Francisco to Sacramento using oars, sliding seats, determination and humor. Of the many expressions of freedom seen since September 11th, this journey surely was one of the most unique.

Departed Dolphin Club at 7:18 a.m. Overcast skies. Calm. A 1.86 knot max ebb predicted for Alcatraz South at 7:14 a.m. Seas flat. Headed to Pier 27, then to Treasure Island.

John Latta, Jude Stalker, Tom Davis and John Kortum aboard the *Farrell*. Deb Henning, Cornelius Crenshaw, Bill Stender and Jon Bielinski crew the *Hughes*.

Off Treasure Island's red "6" at 8:20 a.m. Picked up a lift from backside of Treasure Island and made about 4 knots east of Southampton Shoal. Few boats on bay. John L. wondered if we should have obtained permission to be on the bay in light of the World Trade Center attack. It's probably not a good idea to pass under the Richmond Long Wharf and its oil pipelines because even low-tech instruments are suspect these days and, by definition, a rowing craft is low tech.

Abreast Point Richmond at 9:45 a.m. Made our way outside the Long Wharf. Not a soul was seen aboard the first tanker, which we slid by about 30 feet off its side. The *Chevron Washington*, homeported in San Francisco, hailed us, however, and asked that we give it greater space due to the "current situation."

Passed under Richmond-San Rafael Bridge at 10:25 a.m. Slack at Red Rock predicted for 11:06 a.m. Average speed from Dolphin Club is 3.4 knots.

Made San Pablo Harbor at 11:10 a.m. Sea still flat. Calm. Departed San Pablo Harbor at 11:30 a.m. Slack at Pt. San Pablo at 11:30 a.m. At Pt. Pinole, a 0.96 knot max flood is forecast for 1:02 p.m. Sun breaking out.

Rounded Pt. Pinole at 12:30 p.m. Kids fishing shouted out, "where're you going?"

The flood is not too strong on the reach to Carquinez Straits. We only break four knots occasionally until we near the bridge, which we pass under at 2:22 p.m. Entering the straits, we travel at about five knots. Coast Guard chopper overhead; Amtrak along shore.

Max flood of 2.41 knots predicted at 3:35 p.m. at Carquinez.

Passed beneath the Benecia Bridge at 3:25 p.m., travelling between five and six knots. The WWII-era battleship *Iowa*, a new addition to the mothballed fleet, came into view, looking rather small against the more modern vessels. Perhaps more significantly, she looked very old fashioned in this new era of warfare that last night our president told us we are in. Further down Suisun Bay, we see military transport airplanes take off, which we see each voyage up here, but this time they may be headed off to war in far off Afghanistan, not just practicing take-offs and landings.

Cruised east through Suisun Bay past Mallard Slough, Spoonbill Slough and then into Collinsville.

George Vitale blew the horn to welcome us to Collinsville and we landed at 6:15 p.m.

Trip odometer: 43.6 nautical miles. Trip time: 10 hours, 35 minutes. Average speed: 4.1 knots. Max speed: 6.5 knots. George Vitale said he made it in about the same amount of time in years past with a Hicks one-lunger powering a Monterey fishing boat.

Sunset light is beautiful, rich in pale reds. To the Romani residence for chicken and pasta, and a warm welcome by Lou Marcelli, Cynthia Coppi, Lou's sister Frances and sister-in-law Linda. Certainly, if the rowing didn't, Cynthia's blackberry "hooch" put us to sleep.

Collinsville to Freeport Saturday, September 22, 2001

A beautiful morning, and strong, rich coffee. Set off at 7:06 a.m. from Collinsville on a max flood of 1.03 knots at 6:54 a.m. at Chain Island.

Jude Stalker has rotated out and Louise Bea has rotated into the *Farrell*.

Slipped past a flock of sheep bleating on the shoreline and a group of crows cawing in the few trees on the distinct California rounded hillsides. The sun begins to warm and get the better of the wind's chill.

In the lovely monotony of our rowing voyage, we ponder the question: what is the proper name for a group of crows? A flock? A cackle? A bevy?

We are riding a light flood. At a watch's end, Louise and Tom pull a sprint that gets us to 5.6 knots; first-day freshness in Louise and college-kid-youth in Tom.



Farrell Crew day two

Arrived Rio Vista at 9:35 a.m. Wandered up the main street past the occasional American flag at half mast, and Foster's Big Horn, to the Striper Cafe for biscuits and gravy and other justified gastronomic transgressions. Tom's father, John Davis, joined us for breakfast and remembered old man Ed De Cossio and Les Hendry making the trip to Sacramento in two singles each year. John recalled touching Ed's hands. "Like touching a shovel," John said.

Departed Rio Vista at 12:35 p.m. against a slight ebb. Tom loosed a lure astern. Today, apparently, is a "free fish" day, meaning we can fish without a license. Louise had brought an American flag, which was raised on a staff on the *Hughes*. It evoked patriotic comment on the riverbank: "Go USA" and so forth.

Entered Steamboat Slough at 1:30 p.m. Travelling about 2.5 to 3 knots. Tom called out that he'd caught a fish. It proved to be a small striped bass, about 14 inches. Much struggle to get the twin triple hooks out of the mouth, with one escape attempt overboard. Tom rubbed its stomach to calm her down while prying the hook out, but John L., skeptical of such calming techniques because they have the "opposite effect" on him, and considerate that the fish would die if we didn't get her into the water quickly, wrenched the hook out with

great adroitness while regretting the loss of a perfect one-person meal.

Past Hogback Island, we were buzzed by an airplane just 100 feet up. Our eyes were fixed on the flyby, but a passing speedboat threw up a wake. Not noticing, Louise asked, "Did the wake come from the plane?" and we hoped she asked that in jest.

Pulled into Footbridge Island for a swim at 3:15 p.m., a lovely shaded spot where turtles plopped into the river as we approached. A cool break, and then the beginning of hunger which—this late—is a testament to a Striper Cafe breakfast. We departed Footbridge Island at 3:45 p.m.

The Howard's Landing ferry operator conveyed her compliments via loudspeaker, a convention of PT

sun set on this autumnal equinox. The sky was a magnificent pastiche of reddish illuminated clouds. Making good time upriver past the shoreline fishermen and their fires, we slipped through the landings: Hood, Clarksburg, so forth. River flat, temperature balmy. We rounded the bend and hove into sight of Freeport, landing at 10:15 p.m.

Total trip time: 21 hours, 21 minutes. Average speed: 3.7 knots. Trip odometer: 79.1 nautical miles.

Freeport to Sacramento Sunday, September 23, 2001

Departed Freeport at 7:38 a.m., *Farrell* out just ahead of the *Hughes*. As usual, the riverbank lawn mattress had been conducive to sleeping (or was it the day of rowing?). The sun made the water sparkle and the



Pulling Pleasantly

Cruiser enthusiasts boarded the ferry and lined the levee, and an ice cream truck on the shore tantalized us with its jingle.

Tom caught a second striped bass, but it was too small to keep. By mistake, we diverted up Elk Slough for a short distance, then backtracked. Arrived in Courtland at 6:30 p.m., to a setting sun and fish and chips, joining the *Hughes* crew who had beaten us by 25 minutes.

Left Courtland at 7:20 p.m. as the

varnish glow. Fishermen were the earliest risers, seeking the adrenaline rush of the life struggle of the fish. We drank coffee instead.

Shortly after writing the last log entry, Tom called out that we had hooked a fish, which proved to be a small mouth bass, we think. It also was too small, so we threw it back. As John L. uttered yesterday, this is the only crew he's known that actually cheers when seeing a fish is too small and will be let go.

The river hooked one way and another but our course was even more serpentine than the river itself. Bad helmsmanship was the reason, sometimes caused by the distraction of fishing, sometimes by the bailing of our personal bilges, but usually caused by the logkeeper hunting and pecking on the miniature keyboard of his Palm handheld, all the while trying to steer. Those on watch with a view aft of our wake noticed the "S" curves most perfectly and attributed to them our failure to catch the *Hughes*.

Still pondering the "group of crows" question, John L. voices the answer: group of crows is a "gaggle." But Louise thinks that's a term for schoolgirls. The question remains open.

Up toward Garcia Bend, we engage in an intellectual discussion on whether it's a flock of sheep on the far bank or a herd of goats. John L., who said that as a Texan he's afraid to let on that he knows much of anything about sheep, spotted them for sheared sheep. Binoculars ended the discussion: sheep and goats.

We came up to a rope swing just south of Chicory Bend on the left bank (or is it the right bank?) at 10:10 a.m. It swung from high up the bank



The Rowers from left to right: Paul Gisler, Deb Henning, Tom Davis, Louise Bea, Cornelius Crenshaw, Jon Bielinski, John Latta, Bill Stender, and John Kortum. (Photo by Marcia.)

and, frankly, for this logkeeper, who had just spent two days no higher than about eight inches from the water, it seemed a terrifying height. Yet, once I was launched, it was a thrill to match parachuting. Those with training in Olympic scorekeeping (most notably Louise, who watched her son Seb win a Silver in Sydney in a coxless pair) got out their scorecards. Tom Davis got a "10," and his straight arrow descent, thankfully, did not anchor him to the river bottom in the thick mud. In the midst of all this play, Louise asked Cornelius, not swimming, if he was acting as the lifeguard. He said heck no, he was guarding the beef jerky. Headed north at 10:30 a.m.

Along the banks, the puff and whistle of the industrial revolution era steam train from the Railway Museum is heard, reminding us that our mode of transport was even more ancient than the locomotive. Salmon fishers crowd the river using high-tech fishfinders to make even easier their lazy task of hanging out a rod. Houseboats and ski boats and motor yachts ply these small waters. It is a strange sort of promenade out here; the old, the new and ancient pursuits done in new ways and old,

but, as ever, a human festival.

After a quick dip in the mouth of the American River, cool and cleaner than the Sacramento, we arrived at Discovery Park at 12:25 p.m. In among the chaos of motor boat launchings, we were pleased to be greeted by Jon Bielinski's sister, Marcia, her husband, Craig, and their daughter, Ashley, complete with a cooler of home made gazpacho (extremely refreshing), beer, lemonade, chips and salsa.

Cornelius says it's a "murder of crows," but that stands to be verified.

Trip time: 25 hours, 41 minutes. Average speed: 3.5 knots. Trip odometer: 91.1 nautical miles. ☺



SWIM COMMISSIONER'S REPORT

A Scholarly Approach

By Suzie Dods

I see many of you at swims or other club functions, but feel that this message is a way to reach everyone. It has been one year since I volunteered for Swim Commissioner, and I could fill a thick notebook with the things that I've learned. I plan to do just that. I also plan to serve again as Swim Commissioner unless someone else has a burning desire to take over.

I believe I have maintained the high level of safety that has been a top priority for our swim program. I have also tried to inject a bit of frivolity into some of the more mundane swims. To help increase the level of fun, I have prepared a "swim survey." Please take a moment and fill it out. Give me your ideas and comments. You needn't sign your name — I just want to hear from as many folks as possible.

Without Whom...Department

The people that have been invaluable and who would really appreciate a heartfelt "thank you" are the folks behind the scenes. They do the jobs that I don't have the talent, patience or time to do.

Pete Bianucci—without him, we would not have ferries to do the Gate or Alcatraz. Phil Rollins, who takes my scribbles from the swims and gives you clear, concise results. Pat McGarvey, who takes those results and tabulates them. Debby Rose, who does the job of collecting swim dues so responsibly.

Sue Garfield (donuts!—just for starters). Then there is Mimi Osborne, Lindsay Casablanca, Al de la Peña and George Robin. Every single person who walks up to me and says "What can I do?"—we all

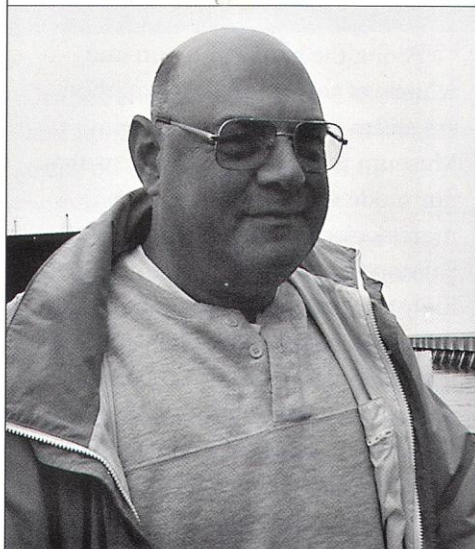
thank you. Without every single one of these people, we would be bereft of a program

Concluding my thanks with the subject of safety, whether it is in a cove swim, a tide ride, or a cross-current Gate swim: I thank all the pilots, kayakers, paddle boarders, rowers and motorcraft operators. If it were not for them, we would not have many of our swims. Please remember that pilots are out in the same weather we are and usually have to work twice as hard to get to the start and then return.

Know Thyself

Safety is frequently preserved by a well-prepared swim commission and sharp-eyed pilots, but it begins with yourself. Be aware of your own limits and realize that it is not a sign of weakness if you decide to opt out of a swim after looking at conditions, weather, or if you don't feel up to swimming a particular swim. We would much rather give you a ride back in the car than have a pilot haul you out of the brine and drag you back to the club. At the Crissy

Pete Bianucci—Thanks!



Field swim, both Liam Hennessey and Todd Oppenheimer decided at the start that it was not the best day for them to swim. Both have done that swim several times and are strong swimmers. They both said "Nope, not today"—and I thank them for it. Sometimes it takes a little courage to back down.

Looking Back, Looking Forward

We have had an eventful and interesting year. It started out with a possible "toxic spill" at Yacht Harbor. Then there was the daylight savings time swim (note to self: don't ever schedule a swim on a daylight savings changeover). We had very rough test swims for the Gate and thankfully a flat, smooth day for the actual swim.

In planning for next year, I hope to add a Bay Bridge swim and put some variety into the cove swims. I look for your suggestions in the survey.

The Fine Print

Remember that you must be present at roll call and briefing to participate. If we don't know you are swimming, you are putting yourself and others at risk. Swim Fees are \$41 and allow you to compete in any swim for which you are qualified.

As always, please contact me with any questions. I hope you are having a good time. Thanks for letting me do this job. ☐

THE VIEW FROM SID'S BOAT

Rockin' and Rollin'—Slippin' and Slidin'

by Sid Hollister

Stand at the end of the club's pier whenever a bunch of Dolphins are in the water and you'll see enough slicings, choppings, jerkings and thrashings to make my esteemed coach Dawanna Kirk drop her latte.

Many of us know and use the latest techniques—pressing the buoy, reach and recover, total immersion, duck and cover, secret perversion—oops, lost it there for a minute. In the end, though, every technique is given final form by the bodies of the swimmers who use it. Since no two bodies are alike, every stroke is different. Nonetheless, a few hours spent standing and observing on that pier have turned up a handful of identifiable styles.

The most unique of the bunch is The Jellyfish Jump. It is named for the oceanic version of jell-O salad that drifts into the cove after a hard flood. Only swimmers who hit the water right after the ghostlike blobs appear ever get the hang of this challenging style. It starts when a swimmer either blunders headlong into a jellyfish or buries a stroking hand up to the wrist, triggering a dramatic reaction in which the swimmer jumps half out of the water, and sometimes out of his or her suit as well. Then comes the zigging,

zagging search for a blob-free path. Go to starboard, another jump; veer port, jump again. By the time the swimmer has taken refuge on our beach, he or she has honed The Jellyfish Jump to a state of aquatic perfection.

Lacking the marine invertebrate incentive, many swimmers resort to the more rudimentary Salami Slam. Its characteristic features are the regular gysers sent skyward, blowhole-like, when the swimmer flings each arm forward as if slinging a salami onto a cutting board. This is most easily visible from the Staib Room balcony. Reach and recover, for such a swimmer, has more to do with snatching the last chocolate-glazed donut after a swim than anything done in the water.

The Samurai Slice might be seen as merely a variation of the Salami Slam, but analysis reveals a significant difference. Practitioners of this more subtle stroke use their arms like swords, repeatedly chopping into the water at a precise angle. It is the envy of many a cleaver-wielding Berinana chef (the

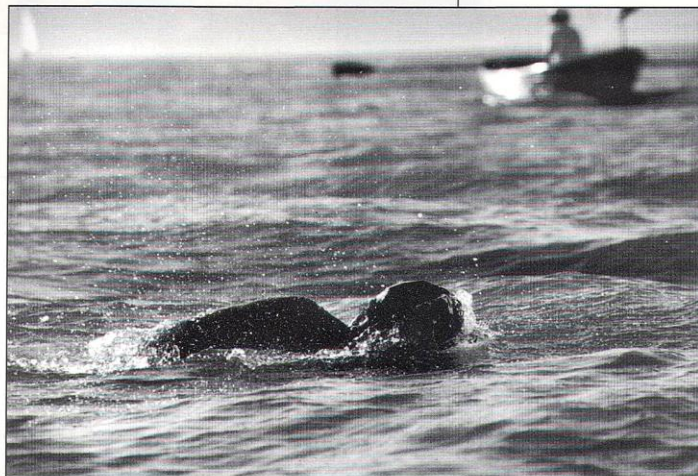
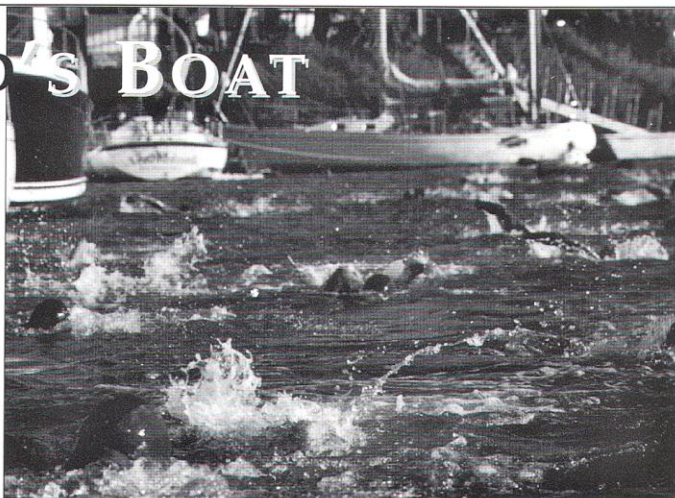
late John Belushi included). Any notion of glide has been replaced by moves that, like a good wasabi, would bring tears to the eyes of a samurai.

The Flamingo Flap, is lesser-known

than the previous styles but offers the thrill of potentially lifting you into the skies, though so far only one swimmer has actually taken flight. He was last seen heading for Sam's in Tiburon, singing "Cocktails for Two." This stroke involves throwing both your arms over your head as if you were Julia Child finding Cheese Whiz in your refrigerator. You can't see where you're going, but what's good enough for our rowers should be good enough for you. An added bonus for aviaphiles is that longer case: the Flamingo Flap, which makes a swimmer feel closer to all large members of the bird family.

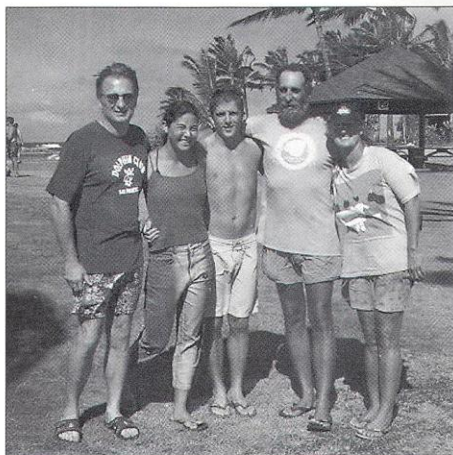
Although many other strokes are noteworthy, space permits mentioning only one more here: the Twist and Shout. The tricky part of this stroke is to master the precise timing between its two main elements: jerking the head out of the water to look skyward and, almost at the same moment, yelling, a la Monica Seles, something like "Hey!" or "Yo," or "Ugh," as if belted by a fish hurled from the Muni Pier by a screaming fisherman. Once walloped in that fashion, a swimmer twists and shouts with every breath.

Complete descriptions of such colorful strokes as the Ugits Fignewton, the Wetsuit Wiggle, and the Harbor Seal Hustle will have to wait for a future issue of the *Log*. ↗



SWIMMIN' HOLES

By Ben Owen



Domestics and Imports

On Sunday, July 22, the Third Annual Kauai Rough Water Swim was held in the clear, warm waters off Kauai's beautiful southern shore. As in years past, twenty-plus swimmers jumped into the seventy-something degree water at Shipwreck's Beach, braving the shore break and the bodyboarders, and headed off for a 2.5-mile swim to Waiohai Beach at Poipu. What set this year's event apart from the two previous swims, at least as far as I was concerned, was the strong showing of recent Dolphin Club expatriates who now inhabit this tropical paradise: all three of us were there.

Jeff Deren was the first to arrive on the island, just as he was the first to finish (at least he beat *us*). He moved here in July of 2000. Maybe he could see what was about to happen in California's power market and, as a PG&E employee, he feared the inevitable backlash. Maybe he realized that it just wasn't worth it to live in California any more, even with his 25% discount. As for Theresa and I, I guess we just wanted to extend our spring honeymoon permanently, so we came back in September, for good. Call us

escapists if you wish; call us hedonists if you must; we prefer to think of ourselves as "out-of-town members."

The south shore of Kauai is known more for its perfect weather (not counting the hurricane that destroyed it in 1992) and its beautiful resorts than for its swimming and snorkeling. Several sheltered coves are scattered among the reefy surf spots that dot the coast, but swimming out here in the open ocean can be freaky due to the constant whitecaps whipped by the trade winds blowing by, not to mention the awesome southern swells that occasion-

ally roll in. In fact, a dive boat with 12 people on board was swamped and sank here just last fall. Yet for those who know the ropes, the potential does exist for relatively safe open water swims in amazingly clear water complete with dolphins, sea turtles, coral reefs...and the occasional shark, as we have begun to learn.

Our introduction to this apparently inaccessible realm came courtesy of Dr. Bob, a medical school professor/triathlete who spends his summers living and training on Kauai, where he lives just down the road from us. We ran into him one

Dolphin experts sport their boards



day on his daily six-to-eight-mile run (or maybe it was his daily 20-mile bike ride) and we've been swimming with him most every day since. Oh, did I mention that this guy's pushin' 60? He's almost as old as me and Theresa combined and he makes us look like wimps. On dry land he can almost keep up, but in the water it's the two of us that work. Dr. Bob also introduced us to Roy, the senior lifeguard on the island (35 years on the job, 8-year-old granddaughter in tow) and the captain of Poipu Beach. I guess these guys are the "old goats" of the island, except they don't do martinis until after 5 p.m. With the two of them as our guides, we were thoroughly introduced to the reefs and currents along island's south shore while getting ready for Sunday's event.

The Kauai Rough Water Swim is part of the Kauai Surfing Association's Prince Kuhio Ocean Sports Festival, which raises money to send young Kauai surfers to contests on Oahu and the Big Island. There's also a surfing contest, a paddleboard race, and a one-man outrigger canoe race. I don't know how they made any money: the entry fee is only \$10, and you get a t-shirt, two meals, and a luau, plus awards.

Jumping off from Shipwrecks beach, we swam out 200 yards, turned right, and swam SSW for half a mile along the bluffs toward Makahuena Point, the southern-most tip of the island. This stretch is what surfers call a "positive/negative" zone: waves go by one way, then bounce back off the shore and hit you from the other side. As we passed the first buoy and headed further out to sea, the swell got bigger and a little more predictable. There was supposed to be a second



buoy, but most of us never saw it, if there even was one.

Theresa and I swam together. Eventually we gave up looking for the second buoy. We did see an occasional swimmer going in our direction, but in the big ocean swells they would appear for an instant and then disappear, never to be seen again. Once we were well around Makahuena Point we turned west, following the four-to-six-foot waves in toward the beach at Poipu. If the first mile was slow, the second mile was *fast!* We were way off shore and you couldn't see much (or at least I didn't, though a good number of the swimmers found themselves surrounded by a group of 50 or 60 spinner dolphins) so we just kept our heads down and followed the waves in front of us. After a while there was a lifeguard on a jetski, flagging us down. He just wanted to let us know that we were on course with 300 yards to the final buoy. No problem.

One minor change was made to the course: the finish line had to be moved. The night before the race, an

endangered Hawaiian monk seal hauled out and gave birth on what is probably the most popular stretch of beach anywhere on the island. The birthing area was right where the race was supposed to end. Both this area and the adjacent snorkeling hotspot was roped and fenced off with constant supervision for about six weeks, while the pup was weaned.

I was never really scared out there. Ahem. We finished in one hour and eight minutes, just sneaking into the Top 20. Dr. Bob met us on the beach. Jeff was already showered and dressed.

It was fun this year, it'll be more fun next year, and both the Owens and the Derens live close by and have *lots* of floor space. So maybe you should think about coming out? Send us an email at bntgirl@hotmail.com.

Then and now...



1



2



3



4



5



6

7

8

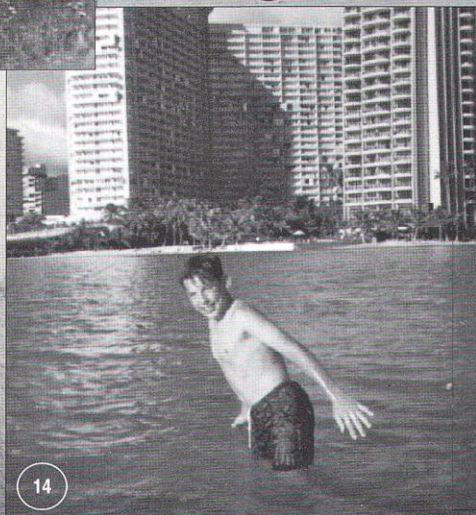
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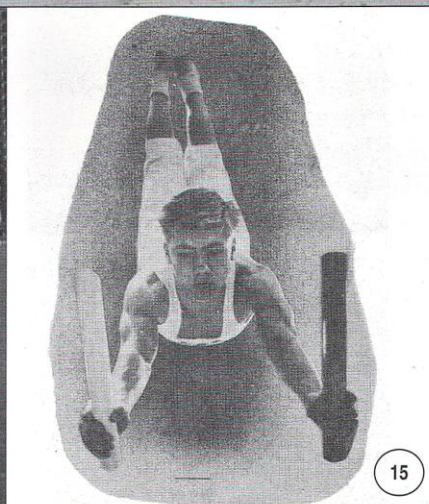
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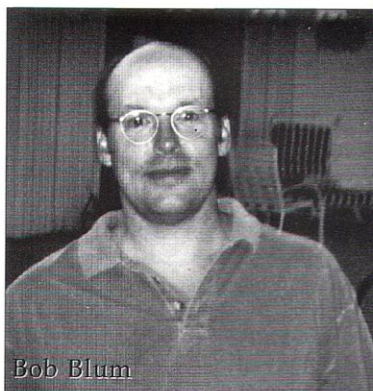
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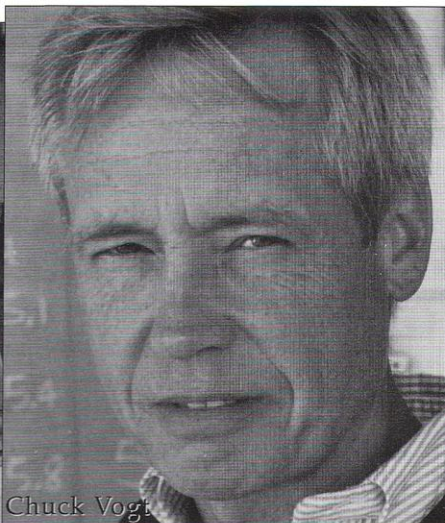
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15



Bob Blum



Chuck Vogt



Jim Sancimino



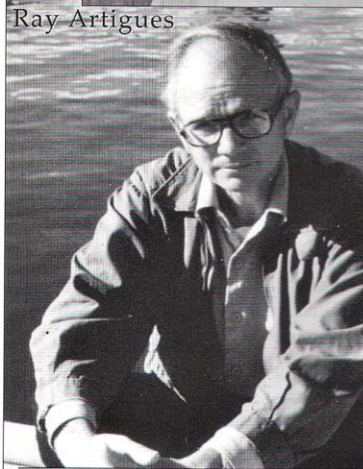
Tom Sancimino



Mary
Sancimino



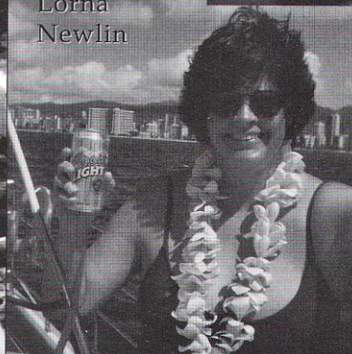
Don Reid



Ray Artigues



Phil Rollins



Lorna
Newlin



Phil Sancimino



Suzie Dods



John Sancimino



Steve Sancimino

- Answers:
1. Suzie Dods
2. Lorna Newlin
3. Don Reid
4. Ray Artigues
5. Mary Sancimino
6. Tom Sancimino
7. Vince Sancimino
8. Steve Sancimino
9. Jim Sancimino
10. Phil Sancimino
11. John Sancimino
12. Terry Hartran
13. Phil Rollins
14. Bob Blum
15. Chuck Vogt

DOLPHIN SWIM STATISTICS

May 6, 2201 - October 7, 2001

Yacht Harbor

May 6, 2001

1. Todd Walsh	28.35
2. Adam Engelskirchen	29.22
3. Ali Hall	29.30
4. Candace Kelly	29.33
5. John Lennox	29.56
6. John Davies	29.12
7. Drew Sullivan	29.15
8. Duke Dahlin	30.54
9. Laura Merkl	30.55
10. Kelly Gleason	31.15
11. Kirk Moon	31.23
12. David Rich	31.28
13. Alan Budenz	31.42
14. John Pelka	32.28
15. Peter Drino	33.19
16. Joe Illick	33.41
17. Rebecca Tilley	33.57
18. Neal Powers	34.18
19. Gina Rus	34.43
20. Eric Shackelford	35.04
21. Pete Neubauer	35.07
22. Krist Jake	35.09
23. Stephanie Cain	36.16
24. Keith Nelson	36.19
25. Mary Ott	36.32
26. Debbie Bispo	36.47
27. Barry Christian	37.10
28. Mary Alex	37.15
29. Carol Murphy	37.52
30. Mark Mullen	37.58
31. Mary Sancimino	38.43
32. Naphtali Offen	38.55
33. Sid Hollister	38.56
34. Tom Dugan	39.01
35. Sue Garfield	39.35
36. Roger Kleid	40.13
37. Susan Lauritzen	40.16
38. Carol Block	42.20
39. Rey Hassan	41.30
40. Voytek Chelkowski	41.40
41. Mary Cantini	42.49
42. Era Osibe	42.51
43. Will Powning	42.53
44. Noel Frelicot	43.23
45. Debbie Rose	44.09
46. Sarah McCuskey	46.05
47. John Theede	48.13
48. Pavla Podolska	51.08

Pilots: Susan Allen, Ray Artigues, Marcia Auebach, Pete Bianucci, Jon Bielinski, Jerry Block, Paul Brady, Susan Cobb, Peter Darlington, Ed DeCossio, Gary Ehram, Jim Fagin, Bob Fewster, Colin Gift, Marcia Grimm, Jim Hamilton, Roger Hansen, Margaret Keenan, Phil Kohlenberg, Ahn Krutcher, John Latta, Kathy McKinley, Dan Osborne, Al de la Peña, Meg Reilly, George Robin, Robin Rome, Phil Scarborough, Ted Tiles, Chuck Vogt and Bob Weil.

Helpers: Debbie Bispo, Alan Budenz, Laura

Burtch, Voytek Chelkowski, Duke Dahlin, Suzie Dods, Noel Frelicot, Sue Garfield, Graham, Rey Hassen, Sid Hollister, Vince Huang, Bill Johnson, Susan Lehmkuhl, Kirk Moon, Lorna Newlin, Naphtali Offen, Mary Ott, Mimi Osborne, Pavla Podolska, Phil Rollins, Don Reid, Debbie Rose, Gina Rus, John Theede, Elmer Tosta and Noah Zovickian.

PIER 39

May 27, 2001

Strong breeze from the west against strong ebb created difficult, overcast, choppy conditions. Water: a toasty 58 ° degrees.

1. Suzanne Heim	20.30
2. Todd Walsh	21.46
3. Nick Simpson	22.38
4. Andrew Sullivan	23.20
5. Sean Kelly	24.20
6. David Rich	24.48
7. Candace Kelly	25.34
8. Bill Hadley	25.38
9. Kelley Gleason	25.41
10. Ali Hall	25.42
11. Kirk Moon	25.48
12. John Pelka	25.57
13. Margaret Keenan	26.05
14. Joe Illick	26.24
15. Larry Scroggins	27.10
16. Phil Rollins	27.12
17. Jon Nakamura	28.04
18. Eric Shackelford	28.11
19. Neal Powers	28.30
20. Ted Tiles	28.45
21. Monica Towers	28.53
22. Vince Huang	28.58
23. Stephanie Cain	29.10
24. Pete Neubauer	29.21
25. Bob Fewster	29.30

26. Bob Blum	29.42
27. Trish Miller	30.14
28. Carol Murphy	30.18
29. Bob Colyer	30.28
30. Ken Coren	30.29
31. Richard Haymes	30.34
32. Robin Rome	30.42
33. Adam Goldberg	30.46
34. George Robin	30.50
35. Mark Mullen	31.08
36. Jerry Cullen	31.16
37. Carol Block	32.02
38. Naphtali Offen	32.06
39. George Gara	32.07
40. Rey Hassan	32.08
41. Susan Lauritzen	32.14
42. Sue Garfield	32.19
43. Bonnie Winn	32.47
44. Lorna Newlin	33.30
45. Tom Kernan	35.04
46. Era Osibe	35.29
47. Ed De Cossio	35.32
48. Jim Grant	41.20
49. Don Reid	41.52
50. Pavla Podolska	42.15

Helpers: Mary Alex, Bob Blum, Laura Burtch, Chris Cadalago, Andy Camous, Lindsay Casablanca, Bob Colyar, Jerry Cullen, Rudy deMay, Anthony DuComb, Becky Fenson, George Gara, Sue Garfield, Jim Grant, Rey Hassan, Sean Kelly, Susan Lauritzen, John Maddox, Laura Merkl, Mark Mullen, Jon Nakamura, Mimi Osborne, John Pelka, Pavla Podolska, Neal Powers, David Rich, Phil Rollins, Debbie Rose, Gina Rus, Bob Sheridan, Noel Turner, Todd Walsh and Bonnie Winn.

Pilots: Susan Allen, Ray Artigues, John Bielinski, Jerry Block, Mary Cantini, Susan



Cobb, Bob Danielson, Gary Ehram, Jim Fagan, Nancy Friedman, Colin Gift, Don Harrison, Jackie Merovich, Dan Osborne, Tina Scott, Bill Stender, Noel Turner, Ed Urban and David Zovickian.

TWILIGHT COVE

June 15, 2001

Water choppy and a warm 58 degrees

Long Course

1. Todd Walsh	29.33
2. Heather Royer	29.37
3. Sean Kelly	30.50
4. Adam Engelskirchen	31.05
5. Liam Hennessy	33.12
6. Jon Nakamura	34.36
7. David Rich	34.45
8. Laura Zovickian	36.01
9. Paul Wolf	36.02
10. Kelly Gleason	37.24
11. Kirk Moon	38.28
12. George Kebbe	38.50
13. Tom Hoffman	39.02
14. Bill Stender	39.11
15. Margaret Keenan	39.31
16. Suzie Dods	39.36
17. Conrad von Blankenburg	39.38
18. Karena Liberty	39.55
19. Joe Illick	40.00
20. Ted Tillis	40.05
21. Candace Beck	42.29
22. Kate Coleman	42.57
22. Matt Sheridan	42:57
23. Mark McKee	43.06
24. Ted Davis	46.50
25. Rachel Haverslod	46.08
26. Susan Cobb	46.40
27. Tom Davis	46.50
28. Tom Kernan	47.50
29. Tony Ducomb	49.52
30. Lorna Newlin	54.48
31. Ann Sasaki	54.50

Short Course

1. Barry Christian	17.32
2. Robin Rome	17.40
3. Monica Towers	18.18
4. John Maddox	18.21
5. Bob Colyer	18.56
6. Noel Turner	19.00
7. Steve Worthington	19.37
8. George Gara	20.00
9. Louise Bea	20.56
10. Sid Hollister	21.08
11. Marla McGowan	21.55
12. Conrad Liberty	22.06
13. Susan Lauritzen	22.19
14. Era Osibe	22.30
15. Michael Lee	23.20
16. Ed De Cossio	24.09
17. Bill Johnson	25.06
18. Keith Weaver	27.00
19. Jackie Merovich	30.49

DNF

Peter Butler
Penny Cruse
Joe Ferraro

Pilots: Jay Bourbon, Barbara Byrnes, Ken Coren, Tom Keller, and Dan Osborne
Helpers: Mary Alex, Ray Artigues, Carol Block, Jerry Block, Stephanie Cain, Kate Coleman, Suzie Dods, Anthony DuComb, Noel Frelicot, George Gara, Scott Haskins, Suzanne Heim, Pat Howard, Michael Lee, Jackie Merovich, Era Osibe, Phil Rollins, Robin Rome, Anne Sasaki, Stacey Singleton, John Theede, Monica Towers, Noel Turner, and Paul Wolf.

CRISSEY FIELD SWIM

June 23, 2001

Strong flood, little breeze, warm water

1. Si Bunting	47:47
2. John Lennox	49:21
3. Laura Merkl	49:46
4. Paul Wolf	50:36
5. John Pelka	51:02
6. Phil Scarborough	51:53
7. Pat McGarvey	52:20
8. Mason Flynn	52:45
9. Phil Rollins	53:05
10. Margaret Keenan	53:08
11. Bill Hadley	54:01
12. Mark McKee	54:21
13. Gina Rus	54:42
14. Sunny McKee	54:59
15. Ted Tillis	56:18
16. Joe Illick	56:31
17. Larry Scroggins	56:45
18. Eric Burke	56:50
19. Tom Kuglen	56:59
20. Kate Coleman	57:02
21. Pete Neubauer	57:06
22. Bob Blum	58:30
23. Susan Cobb	59:29
24. Jackie Merovich	59:58
25. John Mattox	60:34
26. Mary Sancimino	60:39
27. George Gara	63:03
28. Rey Hassan	63:30
29. Keith Howell	63:42
30. Tom Kernan	63:47
31. Sid Hollister	64:21
32. Naphthali Offen	64:29
33. Voytek Chelkowski	64:37
34. Michael Lee	64:44
35. Susan Lauritzen	67:02
36. Era Osibe	68:05
37. Ed De Cossio	69:02
38. Jim Grant	70:04
39. John Theede	76:24
40. Pavla Podolska	80:46

Helpers: Paula Podolska, George Gara, Bob Blum, Jim Grant, Si Bunting, Jennifer Lammers, Lee Hammack, Lindsay Casablanca, Mimi Osborne, B. Winn, Carol Murphy, John Pelka, John Lennox, Andrew Sullivan, Neil Hartnett, John Davis, Heather Royer, Phil Rollins, Adam Engelskirchen, Don Reid, and Michael Lee.

Pilots: Gary Ehram, Tina Scott, Al de la Peña, Phil Kohlenberg, Meredith Watts, Peter Darlington, George Robin, Barry Chaster, Rich



Cooper, Pete Bianucci, Noel Turner, Judi Apfel, Miles Smith, Jim Fagan, Bob Danielson, Rachel Chen, Larry Wisch, John Latta, Ray Artigues, John Davies, Rudy Demay, Steve Latham, Ian MacLean, Tom Keller, Peter Drino, Carol Block, Jerry Block, Tom Hoffman, Reuben Hechanova, Padraic, and Dan Osborne.

JOE BRUNO GOLDEN GATE

July 15, 2001

Little tidal action, some ebb at end, high fog, some breeze, water start of two groups, some chop, waves, water 60+

1. Suzanne Heim	21.19
2. Sean Kelly	24.17
3. Liam Hennessy	25.45
4. Drew Sullivan	26.53
5. Si Bunting	27.28
6. Laura Burtch	28.25
7. Paul Wolf	29.01
8. John Pelka	29.16
9. Alan Budenz	29.50
10. Phil Rollins	30.23
11. Phil Scarborough	30.48
12. Mickey Lavelle	31.09
13. Conrad von Blankenburg	32.28
14. Ted Tellis	32.38
15. Neal Powers	32.40
15. Joe Illick	32.40
17. Larry Scroggins	32.49
18. Krist Jake	32.50
19. Rebecca Poling	32.52
20. Kate Coleman	34.08
21. Barry Christian	34.12
22. Bob Blum	34.56
23. Ken Coren	35.00
24. Bonnie Winn	35.01
25. Eric Shackleford	35.08

26.	Pete Neubauer	35.16
27.	Robin Rome	35.30
28.	Debbie Bispo	35.41
29.	George Gara	36.16
30.	Mary Ott	36.25
31.	Susan Cobb	36.42
32.	Jackie Merovich	36.45
33.	Tom Kernan	38.02
34.	George Robin	38.11
35.	Carol Murphy	38.15
36.	Anthony DuComb	38.17
37.	John Mattox	38.21
38.	Laura Newling	39.21
38.	Ray Hassan	39.21
40.	Hal Offen	39.46
41.	Susan Lauritzen	39.47
42.	Noel Turner	40.09
43.	Carol Block	40.12
44.	Margaret Keenan	40.36
45.	Conrad Liberty	40.43
46.	Jim Grant	40.52
47.	Jerry Cullen	41.04
48.	Ed De Cossio	41.18
49.	Michael Lee	43.10
50.	Noel Frelicot	46.13
51.	Will Powning	47.21
52.	Sid Hollister	51.44
53.	Debbie Rose	52.35
54.	Pavla Podolska	61.14

Pilots: Susan Allen, Ray Artigues, Marcus Auerbuch, Louise Bea, Jon Bielinski, Tom Bishop, Jenny von Blankenburg, Jerry Block, Paul Brady, David Broadbear, V. Chen, Rich Cooper, Cornelius Crenshaw, Duke Dahlin, Ted Davis, Gary Ehram, Jim Fagan, Colin Gift, Neil Hartnett, Reuben Hechanova, Greg Hicks, Candace Kelly, Phil Kohlenberg, Steve Lathram, Kathy McKinley, Dan Osborne, John Ottersberg, Al de la Peña, Mike Roddy, Emily Roth, Tina Scott, John Selmer, Steve Townsend, Meredith Watts, Bob Weil, Larry

Wisch, and David Zovickian.
 Helpers: Pete Bianucci, Nick Blum, Stephanie Cain, Andy Camous, Lindsay Casablanca, Jerry Cullen, Pam Derks, Suzie Dods, Anthony DuComb, Becky Fenson, Gail Grynbaum, Sid Hollister, Anita Holmquist, Joe Illick, Tom Kiernan, Tom Kuglan, Jessica Macek, Mathew Macek, Pat McGarvey, Lou Marcelli, Mimi Osborne, Pavla Podolska, Don Reid, Phil Rollins, Debbie Rose, Megan Sullivan, and John Theede.

TWILIGHT COVE

July 27, 2001

A treasure hunt in da cove

Over 61° Degrees

1.	Liam Hennessy	19:58
2.	Neal Rayner	20:45
3.	Phil Scarborough	22:28
4.	Elmer Tosta	23:51
5.	Krist Jake	25:07
6.	Ted Tilles	25:21
7.	Kate Coleman	25:57
	Tom Kuglan	25:57
9.	Bob Blum	26:01
10.	Robin Rome	26:16
11.	Megan Sullivan	26:23
12.	Todd Oppenheimer	26:25
13.	Greg Hicks	26:26
14.	Jennifer Lamers	27:20
15.	Keith Nelson	27:32
16.	Stephanie Cain	27:33
17.	Nancy Friedman	27:46
18.	Keith Howell	27:52
19.	Joe Alioto	28:57
20.	Era Osibe	29:14
21.	Lorna Newlin	29:31
22.	Roger Kleid	30:33
23.	Naphtali Offen	30:46
24.	John Owen	30:57
25.	Debbie Rose	38:38

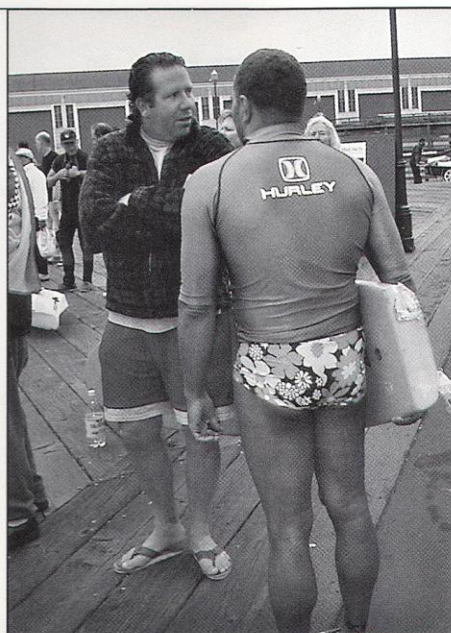
Pilots: Emily Roth and Jim Fagan

Helper: Nick Blum

SANTA CRUZ PIER

August 4, 2001

Susan Anson
 Pete Bianucci
 Karen Boyer
 Alan Budenz
 Mary Cantini-Norkin
 Kate Coleman
 Nick Demay
 Bob Fewster
 Nancy Friedman
 Tom Hofmann
 Cathy Huang
 Vince Huang
 Joe Illick
 Margaret Keenan
 Candace Kelly
 Sean Kelly
 Marla McGowan
 Sunny McKee
 Laura Merkl
 Pete Neubauer
 Lorna Newlin

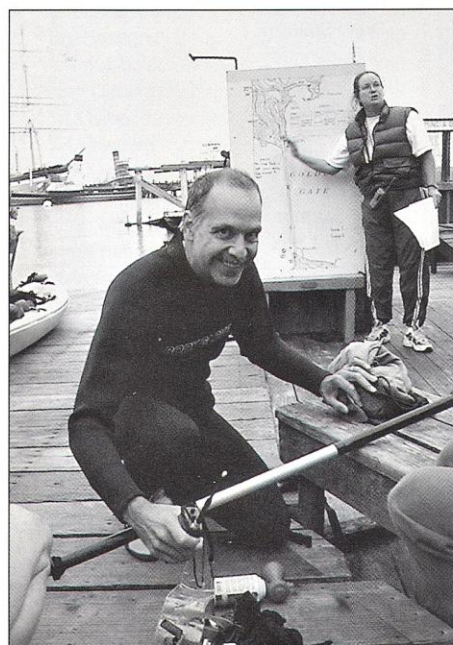


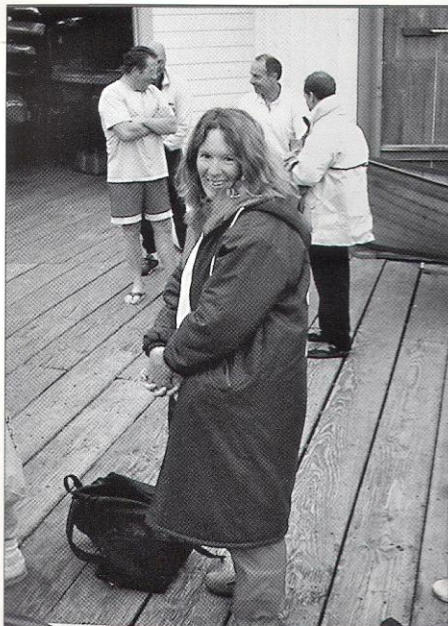
Dan Osborne
 John Ottersberg
 Carol Pierotti
 Gina Rus
 Diane Shields
 Lisa Smith
 Diane Sosnoski
 Elmer Tosta
 Paul Wolf
 Laura Zovickian

FORT POINT SWIM

August 19, 2001

1.	Laura Burch	1:04:56
2.	Tom Keller	1:04:56
3.	Alan Budenz	1:06:24
4.	Paul Wolf	1:06:35
5.	Alice Jones	1:07:30
6.	Laura Merkl	1:09:05
7.	Pat McGarvey	1:10:05





8. Phil Scarborough	1:12:07
9. Gina Rus	1:16:28
10. Ted Tilles	1:18:13
11. Tom Kuglen	1:19:04
12. Greg Hicks	1:23:48
13. Susan Cobb	1:24:45
14. Mary Alex	1:32:03
15. Keith Howell	1:33:53
16. Naphtali Offen	1:35:15
17. Tom Kernan	1:46:22
18. Carol Murphy	1:48:32
19. Ed De Cossio	1:49:53
20. Susan Lauritzen	1:50:10
21. Rey Hassan	1:50:50
22. Mary Cantini	1:51:19
23. Gary Ehram	2:12:17
Keith Nelson	DNF

Helpers: Pete Bianucci, Anthony duComb, Pam Derks, Greg Hicks, Sid Hollister, Mark McKee, Sunny McKee, Carol Murphy, Lorna Newlin, Mimi Osborne, Don Reid, Ted Tilles, Elmer Tosta, Noel Turner, Noah Zovickian
Pilots: Susan Allen, Judi Apfel, Ray Artigues, Marcus Auerbach, Pete Bianucci, Jon Bielinski, Carol Block, Jerry Block, Si Bunting, Barry Christian, Rich Cooper, Bob Crane, Ahn Crutcher, Anthony duComb, Jim Fagan, Nancy Friedman, Phil Kohlenberg, Steve Lathram, John Latta, Wade Laughter, Flica McGurrin, Dan Osborne, Cornelius Overshaw, Al de la Peña, George Robin, Phil Rollins, Emily Roth, Monica Towers, Bob Weil, David Zovickian,

HANDICAP COVE

September 2, 2001

1. Diane Sosnoski	18:15
2. Ralph Wenzel	18:56
3. Eric Shackelford	20:54
4. Joe Illick	21:44
5. Margaret Keenan	21:50
John Pelka	21:50
Tom Keller	21:50
John Ottersberg	21:50

9. Hugh Kim	21:56
10. George Robin	23:24
11. Suzie Dods	23:35
12. Candace Kelly	23:42
13. Robin Rome	24:36
14. Nancy Friedman	24:37
Hal Offen	24:37
16. Tony DuComb	24:44
17. Larry Wisch	28:25
18. Sue Garfield	29:58
Susan Cobb	29:58
20. John Owen	32:58
21. Debbie Rose	33:44
22. John Theede	41:33
23. Don Reid	38:50(DNF)
24. Tom Kuglen	(long course)

Helpers: Ray Artigues, Andy Camous, Sue Garfield, Sid Hollister, Roger Kleid, Mark Mullen, Debbie Rose, John Theede, and Elmer Tosta.

Pilot: Jim Fagan

OVER 60 COVE

September 9, 2001

1. Lou Marcelli (questionable course)	
2. Joe Illick	12:14
3. Dan Osborne	12:15
4. Conrad von Blankenburg	12:24
5. Rich Cooper	13:16
6. Phil Fernandez	14:26
7. Keith Howell	14:45
8. Dan McGill (70+)	15:22
9. Bob McKenzie	15:28
9. Bob Danielson (70+)	15:28
9. Bill Powning (80)	15:28
11. Sandy Lehmkuhl	17:10
12. Noel Frelicot	18:48
13. Bob Hoff (70+)	19:10
14. Keith Weaver	19:55
15. Ray Artigues	20:35
16. Don Reid	20:59
17. Mimi Osborne	21:55
18. David Broadbear	21:41
19. Mineko Gallic	22:43
20. Walt Schneebeli	21:44

Helpers: Bob Blum, Nick Blum, Sue Garfield, Sid Hollister, Pat Howard, John Lennox, Marla McGowan, Phil Rollins, and Megan Sullivan.

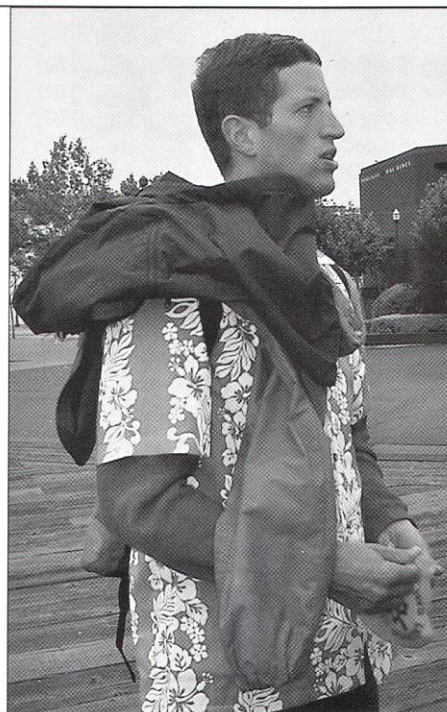
Pilots: Jim Fagan, Ned Hoffman, John Pelka, and Chuck Vogt.

OVER 45 GAS HOUSE COVE

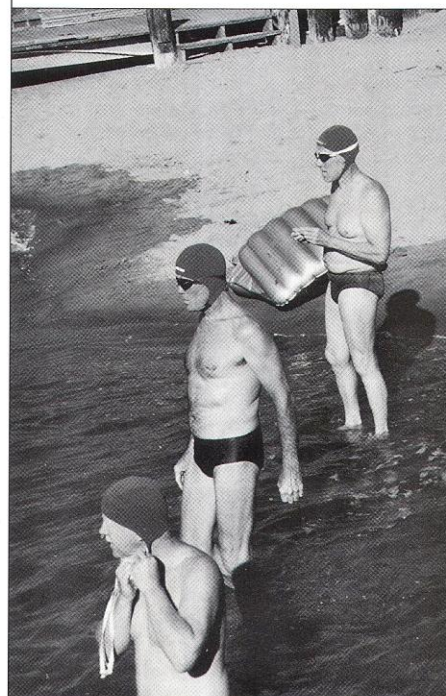
Sept. 16, 2001

Cool, windy, gray skies, strong flood

1. Alan Budenz	18:19
2. Marla McGowan	18:57
3. Paul Wolf	18:58
4. John Pelka	19:39
5. Dan Osborne	20:28
6. Tom Hofmann	20:43
6. Vince Huang	20:43
8. Joe Illick	20:53
9. Lisa Smith	20:58
10. Todd Oppenheimer	21:08
11. Larry Scroggins	21:23



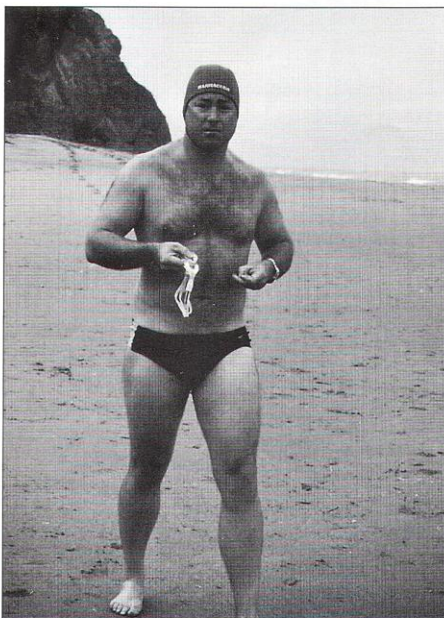
12. Krist Jake	21:54
13. Neal Powers	21:55
14. Megan Sullivan	22:23
15. Phil Fernandez	22:32
16. Bob Blum	22:39
17. Pete Neubauer	22:53
18. Barry Christian	23:38
19. Susan Cobb	23:39
20. Jackie Merovich	23:59
21. Nancy Friedman	24:13
22. John Mattox	24:22
23. Roger Kleid	24:38
24. Sue Garfield	24:57



25. Anthony Ducomb	25:50
26. Dodi Marosi	25:51
27. Larry Wisch	25:52
28. Ed deCossio	26:58
29. Pete Bianucci	28:30
30. Keith Weaver	32:20
31. Don Reid	36:51
32. Pavla Podolska	38:04
33. Phil Kohlenberg	39:03

Helpers: Nick Blum, Lindsay Casablanca, Suzie Dods, T. Duga, Anthony duComb, Sue Garfield, Suzanne Heim, Pat Howard, Phil Kohlenberg, Lucy Lee, Pat McGarvey, Jackie Merovich, Mimi Osborne, Bill Pickelhaupt, Pavla Podolska, Meg Reilly, Phil Rollins, David and Noah Zovickian

Pilots: Susan Allen, Ray Artigues, Jon



Bielinski, Peter Butler, Rich Cooper, Cornelius Crenshaw, Peter Darlington, Gary Ehram, Jim Fagan, Ken Frank, Tom Keller, Kathy McKinley, Lorna Newlin, and Al de la Peña.

ALCATRAZ

Sunday, October 7, 2001

1. Suzanne Heim	30.44
2. Todd Walsh	32.32
3. John Ottersburg	33.37
4. Laura Burtch	35.50
Si Bunting	35.50
6. Candace Kelly	35.52
7. Andrew Sullivan	36.15
8. Alan Budenz	40.16
9. David Rich	40.43
10. John Lennox	40.55
11. Paul Wolf	42.12
12. Pat McGarvey	43.47
13. John Pelka	44.05
14. Karena Liberty	45.23
15. Margaret Keenan	45.31
16. Larry Scroggins	46.21

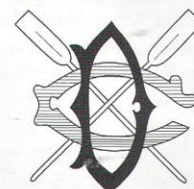


17. Joe Illick	48.20
18. Conrad von Blankenburg	48.30
19. Bob Blum	48.35
20. Ted Tillis	48.58
21. Mary Ott	49.10
22. Neal Powers	50.48
23. Eric Shackelford	52.57
24. Greg Hicks	53.26
25. Debbie Bispo	53.31
26. Suzie Dods	53.50
27. Mary Alex	56.17
28. George Robin	57.15
29. Pete Neubauer	57.24
30. Ken Coren	58.03
31. Lorna Newlin	58.34
32. Sue Garfield	59.02
33. Mark Mullen	60.16
34. Tom Dugan	62.02
35. Jerry Cullen	63.17
36. Ray Hassen	65.10
37. Hal Offen	65.41
38. Tom Kernan	67.03
39. Conrad Liberty	68.33
40. Roger Kleid	71.17
41. Ed DeCossio	71.24
42. Michael Lee	80.40
43. Noel Frelicot	82.05
44. Debbie Rose	87.00
45. Will Powning	88.58
46. Pavla Podolska	106.16

Pilots: Susan Allen, Judy Appel, Ray Artigues, Marcus Auebach, Pete Bianucci, Paul Brady, David Broadbear, Peter Butler, Lindsay Casablanca, Victoria Chen, Barry Christian, Susan Cobb, Rich Cooper, Duke Dahlin, Anthony DuComb, Gary Ehram, Jim Fagan, Ken Frank, Nancy Friedman, Colin Gift, Gail Grynbaum, Lee Hammack, Mike Hickey, Vince Huang, Tom Keller, Hugo Kenyan, Phil Kohlenberg, Shep Maher, Naomi Mahoney, Dan McGill, Mark McKee, Kathy McKinley, Delores Meehan, Jon Nakamura, Dan Osborne, Ben Owen, Theresa Owen, Al de la Peña, Bill Pickelhaupt, Robin Rome, Emily Roth, Philip Scarborough, Mathew Sheridan,

Pam Stillwagon, John Theede, Rebecca Tilley, Ralph Wenzel and Martin Zeleznik.

Helpers: Nick Blum, Susan Cobb, Ed DeCossio, Lee Hamamck, Sue Garfield, Gail Grynbaum, Liam Hennessy, Suzanne Heim, Joe Illick, Pat McGarvey, Margaret Keenan, Lucinda Lee, Laura Merkl, Mimi Osborne, Pavla Podolska, Meg Reilly, Phil Rollins, Debbie Rose, Drew Sullivan, Elmer Tosta, and David Zovickian.

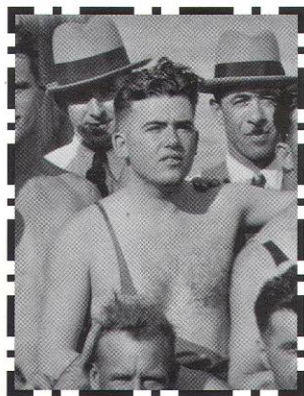




1ST DIAMOND DOLPHIN LOCATED

by Walt Schneebeli

Thanks to member Rich Cooper's diligent Internet search, the club's first 75-year "Diamond



Dolphin" member has been discovered. Prior to this time, out of all the club's thousands of members, the



longest running membership of 71 years was attained by Carl Ludemann in 1991.

Gerald Murray joined the Dolphin Club on July 8th, 1925 at age 21.

He was employed as a clerk for the Mutual Life Insurance Company of New York. During the mid-1920's, he met Virgil Anderson, who was also employed by Mutual of New York. Virgil is the only active Dolphin who remembers Gerald Murray.

Gerald passed away in Palm Springs, California on April 23, 2001.

Top photograph shows the attendees at the Dolphin Club's picnic and initiation of 1930.

Middle photo is a close-up of Gerald at picnic.

Bottom photograph, from left to right: Paul Saasta, Virgil Anderson and Gerald Murray jackrabbit hunting at Point Reyes, CA. Circa 1930. ♀



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DOLPHIN LOG

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Published By

The Dolphin Swimming &
Boating Club

Commodore

Lou Marcelli

2002 SWIM SCHEDULE

Schedule Subject to Changes

Date	Event	Jump-Off
January 1, 2002 -	New Year's Day Alcatraz and Cove	TBA
January 20 - Sunday	Mid-Winter Cove09:00
February 23 - Saturday	Gas House Cove10:30
March 17 - Sunday	Spring Cove09:00
March 21 - Thursday	Polar Bear ends23:59
April 6 - Saturday	Pier 43 1/210:00
May 5 - Saturday	Pier 399:30
May 25 - Saturday	Yacht Harbor08:30
June 1 - Saturday	100 Mile Swim Begins00:01
June 7 - Friday	Twilight Cove - Pot Luck & BBQ18:00
June 23 - Saturday	Crissy Field08:15
July 14 - Sunday	Bay Bridge07:00
July 20 - Saturday	Tahoe Relay	TBA
August 3 - Saturday	Santa Cruz Pier07:00
August 10 - Saturday	Fort Point10:00
August 23 - Friday	Twilight - Pot Luck & BBQ18:00
September 8 - Sunday	Over 60 Cove/Introduction to Bay Swimming10:00
September 15 - Saturday	Golden Gate09:00
September 21 - Saturday	Handicap Cove09:00
October 5 - Saturday	Over 45 Gas House Cove08:00
October 12 - Sunday	Alcatraz11:00
October 20 - Sunday	Dolphin / South End Triathlon	TBA
October 27 - Sunday	Escape From Alcatraz Triathlon09:00
October 31 - Thursday	100 Miles Swim Ends23:59
November 9 - Saturday	Pilots and Swimmers Appreciation Dinner18:00
November 21 - Thursday	Thanksgiving Day Cove09:00
December 15 - Sunday	New Year's Alcatraz Qualifier / Holiday Party10:00
December 21 - Saturday	Polar Bear Swim Begins00:01
TBA	Crazy Cove	TBA

Swim Program Rules

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commission.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

Additional qualifications for Alcatraz and Golden Gate Swims

10. In-town members must successfully complete 2 swims marked with a wheel () and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, non-qualified members will be given priority in qualifying swims.

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DOLPHIN LOG

SPRING 2002

An aerial photograph of a white, multi-story building with a dark roof, situated on a rocky outcrop in the ocean. The building has several windows and a small balcony. In the water below the building, there is a small boat and several people swimming. The water is dark and choppy.

Club Celebrates
125
Years

DOLPHIN WOMEN MAKE HISTORY

NEWS

CELEBRATION

SINCE ITS INCEPTION, THE DOLPHIN CLUB HAS SERVED AS A haven, where folks discovered the beauty of waterfront San Francisco and the Bay. German, Irish and Italian immigrants gathered here to compete and celebrate in our foggy surroundings. Over time, the Club ebbed and flowed, changing with the times—and widening its purpose.

As high-stakes rowing competitions faded, organized open-water swims entered the spotlight's glow. And, as the political and social climates in the City changed, the Club was opened up to women.

For some, the Dolphin Club is a timeless place, where people gather from different generations and backgrounds to find solace from their daily lives. For others, it is simply a place to get a good workout in or find the right pull or stroke. There is truly a magical quality to the Club—some describe it as spiritual—when the fog and seagulls are about, and the rolling waves sweep in off the bay, peace seeps into us, bringing a smile and contentment.

This month, we honor this unique enclave with a commemorative issue of the *Dolphin Log*. We celebrate two momentous occasions: the first ever women Life Members and the 125th anniversary of the Club. Special thanks to all the writers and contributors who helped make this issue a “keeper.”

On a personal note, I will be stepping down as co-editor of the *Log* after nine years. Chris Kelly and his new sidekick, Sid Hollister, will assume primary duties as editors. As I joked recently, there are only so many pictures of flailing arms you can run. I am proud of the contributions Chris and I have made to the *Dolphin Log* by adding to its long, rich history. Thanks to all who contributed along the way. I experienced great joy in bringing you the stories of the Club, its history, and membership. I will miss it, but as H. R. Mencken once wrote: “My one purpose in writing I have explained over and over again: it is simply to provide a catharsis for my own thoughts. They worry me until they are set forth in words.” Thank you.

—Matthew C. Sheridan

SWIM SCHEDULE CHANGES

There are several changes to the “2002 Swim Schedule” which appeared in last *Dolphin Log* (Winter 2001). Please be sure to change your calendars accordingly: Santa Cruz Pier—11:00, Golden Gate, *Sunday*, September 15; and Alcatraz, *Saturday*, October 12

ROUND-TRIP TAHOE SUCCESS

“Round-trip gas to Tahoe: \$35...Lodging: \$180...Speedo: \$23...Duct tape for feet: buck fifty...Combined shrinkage of fifteen inches: Priceless.”

For most who do not attempt such challenges, there are wetsuits. For everyone else, *fortes fortuna (et deminutio) favet*, “fortune (and reduction) favors the brave.”

Fueled by Macallan 12-year-old scotch, lake water, lily pads and an average of nine fried, stuffed jalapeño peppers each, five ‘phins braved 41° F air and water temperature to complete 200 yards through the crystal chill of Lake Tahoe in a swimming race that takes place there annually. Hosted by a local tavern, Garwoods, the swim is part of the region’s late winter festivities known as Snowfest. Laura Burtch Zovickian was the first to test the waters. It was a Dolphin Club sweep: 1. Scott Haskins; 2. John Ottersberg; 3. Si Bunting; 4. Tom Keller and Vic Pizarro rounded out the top ten Dolphin finishers. I was just happy to be there and help the ball club.

—Tom Keller

BONDI ICEBERGS

Far from the Bay, just outside San Francisco’s sister city of Sydney, Australia, is an open-water swimming group named the Bondi Icebergs.

The scene at their club *down under* looks a great deal like Sunday at the Dolphin Cove. These gentlemen first established the Icebergs in 1929. They number over seven hundred members. Ladies, of which there are about 80, came in heralded by the Australian Federal Government. The venerable Des Renford (18 English Channel crossings) was a member. The Icebergs have a forty-year lease on a public beach.

The water is about 60° F during their winter, where they hold competitions in their 50-meter sea-water pool. Summer water is 75-80° F. The beaches are all spectacular. They charge \$22 Australian Dollars (\$12 US) per-year for membership. Bondi is five to ten minutes from Sydney. We are encouraged to visit them and enjoy their part of the world. Please write, visit or call: Bondi Icebergs: Unit 3, 85 Oakley Road, Bondi, Australia 2026. Telephone 61-2-93000-482

—Patrick Brent



Frigid but unbowed, left to right: Si Bunting, John Ottersberg, Vic Pizarro, Tom Keller and Scott Haskins

SOUTH END EKES OUT VICTORY IN ANNUAL CLUB TRIATHLON

On November 3, 2001, the Dolphin Club hosted the annual interclub triathlon with the South End Club. With great participation from each club, the South Enders squeezed in with a five-point victory to wrest back the plaque for another year.

Not to be confused with our Escape from Alcatraz Triathlon (swim, bike and run), the interclub triathlon has three separate events of row (around Alcatraz), swim (Yacht Harbor), and run (Fort Point round trip). Participants usually compete in only one or perhaps two of the events and points are awarded to the club, not the individual. Each event is worth 210 points. The rowing competition is divided into classes, with the top boats getting on the tally board. The top 20 swimmers and runners also gain points, and for the first time participation points were awarded.

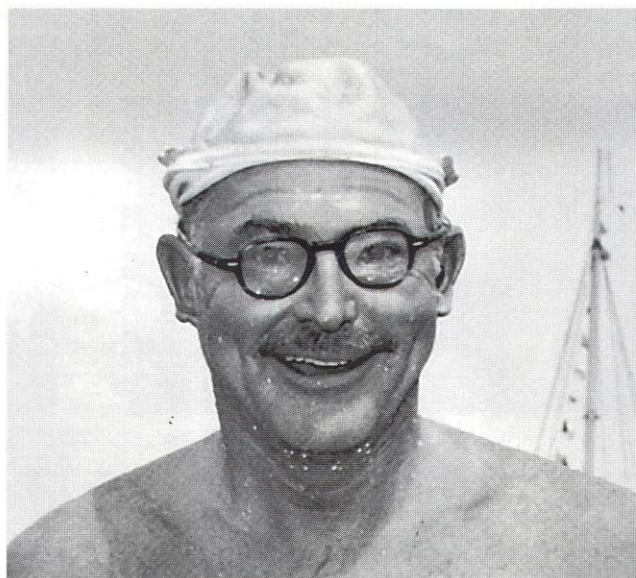
According to South End historian, Pat Cunneen, the event began as part of the citywide celebration of the 1976

BILL POWNING

January 30, 1921 - March 15, 2002

Please join us to toast a life relished
Sunday, May 19, 2002 at noon
the Dolphin Swimming and Boating Club
502 Jefferson St. (at Hyde), San Francisco

IN MEMORY OF BILL,
THERE WILL BE AN INFORMAL "OLD GOAT" SWIM IN
THE COVE ON THE SAME DAY AT 11:00 A.M.
PRESENT AND FUTURE OLD GOATS WELCOME



GET AWAY FROM IT ALL

The Serrano Hotel, located in the heart of the City, has a special offer for all Dolphin members. Members can now receive a special rate of \$129 per night at this lovely hotel. The Serrano is all you would expect from a modern, four-star hotel with a sense of fun and escape from the ordinary. Located right off Union Square, you can take in a show, dine at the finest restaurants and rediscover Union Square.

This special Dolphin rate is subject to availability. Please call 877-294-9709 for reservations and ask for the "Dolphin Rate." Special thanks to Steve Pinetti for arranging this wonderful Dolphin offer.

Bicentennial. Some of the original Dolphin competitors that year were "Buck" Swannack, Herman Zahler, Tom Donohue and Frank Drum.

In the fall of 2000, the Dolphin Club held its own in the row, fell behind after the swim, but crushed the Red and White club in the run to win the triathlon. This year, however, the South Enders were more than ready to turn the tables. On a foggy day the Dolphin rowers sped ahead, but the South Enders, with many participation points, closed the gap during the swim. South End Running Commish Keith Nowell's heavy telephone work paid big dividends, as his team toed the line with more and faster runners. At the end of the day, the plaque was taken down and carried back to the "Other Club."

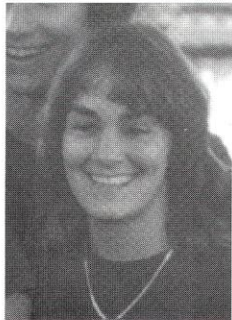
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MILEST

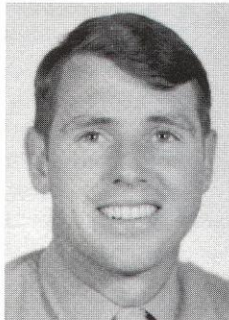
LIFE MEMBERS - 25 YEARS



Jacqueline S. Powning
January 1977



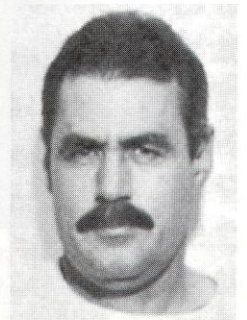
Carol Pierotti
February 1977



Thomas W. Callinan
March 1977



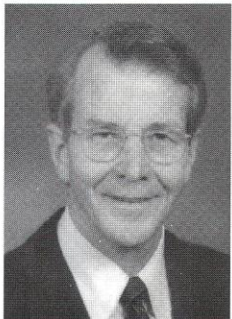
Marilyn Rodman
March 1977



George Galarza
April 1977



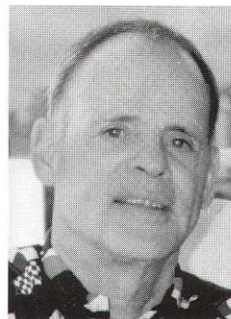
Jacqueline S. Merovich
July 1977



James E. Storm
July 1977



Joseph L. Schatz
August 1977



William G. Van Horn
August 1977



Susan J. Allen
September 1977

GOLDEN DOLPHIN - 50 YEARS



Raymond Ray
July, 1952

DIAMOND DOLPHIN - 75 YEARS



Gerald Murray
July 1925 - April 23, 2001

ONES



Cynthia A. Ehrlich
January 1977



James C. Hamilton
May 1977



Sophie Taggart
May 1977



Pavla Podolska
June 1977



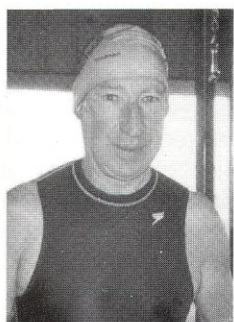
Katherine W. Rockwood
June 1977



Kenneth A. Frank
July 1977



Erica Drewes
September 1977



Glynn Jones
September 1977



Era Osibe
September 1977



Robin Rome
September 1977

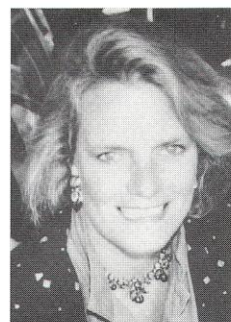


Joni Beemsterboer
October 1977

DEATHS



Jack Giacomini
April 1970 - May 10, 2001



Peggy Knickerbocker
October 1977

LIFE MEMBERS-NO PICTURES
Milo Fay June 1977

Compiled by Walt Schneebeil

The Dolphin Club's Gorgeous Old Timers

By Todd Oppenheimer

IT WAS PRETTY OBVIOUS FROM THE START THAT THIS WAS NOT going to be just another Old-Timer's party. When Anthony DuComb shows up in a tux, and Mayor Willie Brown follows with a personally signed proclamation, which he presents on the Dolphin Club deck, you know something's up. ("I'm glad to see one person around here knows how to dress," His Williness said. "The rest of you look like shit.") But when about two dozen of the Club's great beauties, all aged like fine wine, are then crowned and jeweled and honored as the Club's first female Old-Timers, you know our 125th birthday has really arrived.

"This, for me, is my Olympics," said Era Osibe, as she stood at the podium at the March 2 dinner, to offer one of a long line of appreciative remarks from our curvaceous veterans. Born and raised in Iran, Era grew to love swimming during her summers on the Caspian sea. It fed a dream to find a place where she could swim year round, which she finally discovered in 1976, at a Columbus Day celebration in Aquatic Park. The rest is history—plenty of it.

"In the beginning," recalls Pavla Podolska of her early days as a Dolphin, "every morning when I went to swim, some old member fishing from our pier was yelling at me all the four letter words known in the English language." Sometimes the harassment got a little creative—during some of the Golden Gate swims, for example, Pavla remembers pilots occasionally taking her off course—as she put it, going "sight-seeing." As women tried to find a place for their gear, some took to drying towels and swim-

suits in the hallway over the boat workshop, only to later find them tossed into the shop and locked up.

There would be plenty of other obstacles in store. During the early years, facilities for women at the Club were rather meager. For a while, their sauna consisted of a fire in a can on the beach and a bottle of brandy—the latter making for some fond memories for Susan Allen. Things soon improved, but only slightly. "Picture this locker room, off the Staib room," says Erica Drewes: "to your left, one toilet; ahead, a single, metal stall shower (capacity in winter: three, packed tight); on your right, a short bank of ancient metal lockers. A rental sauna was parked down in the boathouse, next to the stage. But here's the thing: we couldn't get enough. We just loved it." Well, maybe not all of it. During the notorious Alcatraz swim of 1977, the timing was so bad and the pilots so scarce that only 4 of 45 swimmers finished. Pavla finished at the ferry building, then had to walk back to the Club.

By now, the long, hard fight that women waged to join the Club seems like nothing but the salty dust of the past. Even the women who led that battle now soft-pedal its tribulations. Consider this from Sophie Taggart, who went on to become a national and international bodybuilding champion, with muscles built on the Dolphin Club's very own rusty machines. Standing on the podium at the Old-Timers' dinner, Taggart said her campaign really wasn't a feminist plot (a claim that was a little hard to swallow, as enough ribbons of muscle rippled out of Sophie's sleeveless top to scare Stan Hlynsky). For Sophie,



Era



Joni



Jackie



Robin

the story began with the danger that she and another woman (now a South Ender) felt when trying to change for their swims in the public showers, a place that had occasionally been the scene of rapes. "My willingness to sign a lawsuit against the South End

and Dolphin Clubs for discrimination against women," Taggart said, with the sweetest of smiles, "did not come out of wanting to be a political activist or a hardcore feminist, but rather from simply wanting to be safe and warm."

From that point forward, the inclusion of women at the Club seems to have made for mostly great memories, of all kinds. "It was a rainy Wednesday evening in the fall of 1977 that I became a Dolphin," Joni Beemsterboer recalls. "I swam the next morning and pretty much every day for the next 20 years." Today, Joni is not often seen in the water, since she has begun mothering Gabriella, another future Dolphinette. But there was a time when Joni's stroke—and that of many other women—was something to be feared. In 1978, Joni was the first woman to swim to the Club from Angel Island; in 1979, she was the only woman to finish a 13-mile swim in Boston Harbor. Later, she also became the first woman to solo swim between the Hawaiian islands of Lanai and Maui. Even Herb Caen took early note of the Dolphin women's

"I swam the next morning and pretty much every day for the next 20 years."

prowess; in the late 1970s, he wrote that a great Dolphin swimmer, Bud Jenkins, was the first man to cross the finish line of a mid-winter cove swim—taking fifth place

behind four women. Of all these accomplishments, Joni says, "I'm proudest of the record we set as

Dolphin Club women in the first-ever American women's relay team crossing the English Channel in 1989. Our record was battered within two years by another Dolphin women's team."

For those who don't swim like Joni, there have been plenty of other, more relaxed reminiscences. Erica Drewes, for instance, remembers panicking during her first swim out of Yacht Harbor, when she couldn't see any other swimmers around her. Before long Modesto Lanzone (the late proprietor of the now defunct but once great restaurant, Modesto's) popped up next to her. "He introduced himself," Drewes says, "and finished the swim by my side, providing a running commentary the whole way: 'Isn't this heavenly?'" Drewes also recalls many hours spent joshing on the beach with several of the Club's legendary Old-Timers—Dan Murphy, Frank Drum, Gordon Cook, Walt Stack, and "Bert Arias ('I need money, gimme money')."

Jackie Merovich remembers a magical introduction to the Club one afternoon in early 1977. "It was a warm

Proclamation

City and County of San Francisco

WHEREAS, in 1877 a small group of German and Italian immigrants, led by John Weiland and his brothers, founded the Dolphin Swimming and Boating Club in a shed at the Foot of Leavenworth Street; and

WHEREAS, the Dolphin Club celebrates this year its 125th anniversary as a vital part of the rich history of San Francisco; and

WHEREAS, the tradition of ocean swimming and rowing enjoyed by the founders in their European homelands continues at the Foot of Hyde Street for 1,000 members of the Dolphin Club; and

WHEREAS, the Club's swims from Alcatraz and across the Golden Gate and maintenance of an historic wooden boat fleet represent significant contributions to the City's unique character; and

WHEREAS, 25 years ago a group of women bay swimmers changed San Francisco history and the Dolphin Club for the better when they exercised their right to join the previously all-male institution; and

WHEREAS, a Dolphin Club life membership is awarded only to those in good standing with 25 consecutive years of membership; and

WHEREAS, on March 2, 2002, at its annual Old Timers' Dinner the Dolphin Club will celebrate its 125th anniversary by honoring with life membership 16 of these pioneering women, as well as men; and

WHEREAS, on the occasion of this historic event, the City and County of San Francisco congratulates the Dolphin Club and its new Life Members Susan Allen, Joni Beemsterboer, Erica Drewes, Cynthia Ehrlich, Milo Fay, Peggy Knickerbocker, Morgan Kulla, Jackie Merovich, Era Osibe, Carol Pierotti, Pavla Podolska, Jacqueline Powning, Katherine Rockwood, Marilyn Rodman, Robin Rome and Sophie Taggart, as well as Tom Callinan, George Galarza, James Hamilton, Kenneth Frank, James Storm, Joe Schatz and William Van Horn; now

THEREFORE BE IT RESOLVED, that I, Willie L. Brown, Jr., Mayor of the City and County of San Francisco, recognizing all the honorees and members at this celebration, do hereby proclaim March 2, 2002 as...

**THE DOLPHIN SWIMMING AND BOATING CLUB DAY
IN SAN FRANCISCO!**



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City and County of San Francisco to be affixed.

Willie Lewis Brown, Jr.
Mayor



Joan Brown and Era

sunny day and a group of older men were enjoying a lunch of cracked crab, bread, and wine on the deck," Merovich says. "They invited us to join them and it was such a beautiful afternoon that I was determined to become a member, even though I didn't swim, row or run. Joining the Club is one of the best decisions I ever made."

Times like these create a lot of familial sentiment—the ongoing life-blood that feeds us all. "Every time of the day that I wind up down here is my favorite," says Robin Rome, another beautiful Old-Timer. "That night I walked in to become a member (and I knew it would be forever even then), seven months pregnant, I never got the impression that we women were trespassing at all. Men or women, there was no distinction between people who shared a common passion." Amen, says Sophie Taggart. "Being able to come to the Bay any time of day, in any type of weather, in any mood into that all-accepting cold water has given me so much comfort," Sophie says. "The warmth of the showers and the sauna softens all the hard edges of life."



Many Voices: One Club

By Cynthia Ehrlich



BACKWARDS WAS THE WAY I GOT INVOLVED WITH THE LAWSUIT against the Dolphin Club. In 1974, I was doing a story on Joan Brown for *Women's Sports* (Billy Jean King's magazine) because Joan was painting portraits of swimmers at the time, and I knew that she swam in the Bay. I learned that Joan and five other women* had brought a lawsuit against a men-only swimming club.

Initially, the suit was directed at the San Francisco Rowing Club (SFRC), which sat west of the Dolphin Club (where the women's locker room and the newer boat-house now sit). That club's membership had dwindled to a dozen or so men who did not do much swimming or rowing and who primarily rented the property out as a hall. There was support among Dolphins for women to have their own club.

At the end of Joan's interview, I added my name to the list of around fifty women who joined in the lawsuit. Only after I had become attached to the suit did I actually swim in the Bay. Veronika Mann, with whom I worked at *Rolling Stone* magazine, and who was also in the suit, introduced me to Aquatic Park. Veronika was a national masters champion and her husband Thompson, a South Ender, had won a silver medal for swimming in the Olympics. We swam as Thompson's guests.

I had grown up swimming in the ocean, when I could, off the beaches in Los Angeles, which were twenty or thirty miles from where we lived. My first swim in the Cove brought back how much I loved and missed ocean swimming. I was just amazed that I could do the same here in San Francisco, every day if I wanted. So after that I would change into my swimsuit at work, drive down to the cove in my old Ford, swim; then, sitting on a towel, I'd drive home soaking wet along Van Ness, shivering violently as the heater blasted away. Somewhere around the Civic Center the shaking began to subside.

Many other women swam, too, and also turned up at benefits for the lawsuit, hearings, and meetings with the lawyer. The lawsuit, however, went nowhere and the SFRC continued as an all-male club. Sandra Terzian (who had dated Dolphin Modesto Lanzzone) then replaced the first lawyer. With her urging, a new strategy was adopted. A suit was brought against all three clubs because they all excluded women and all were on public, city property.

Things happened quickly enough after that. In October, 1976, the Dolphin Club handpicked a few women to join, excluding all but one of the original six who had initiated the lawsuit. The Club had a dingy, rusty little restroom for women with one metal shower, which had to be turned on and off with a pair of ancient pliers. Because there were only six lockers, the club leadership thought they might get away with having only six women members, and selected superior swimmers to set a standard that few others would be likely to meet.

It soon became apparent that this wasn't going to fly. The City's Department of Recreation and Parks evicted the

San Francisco Rowing Club and padlocked its building. The South End quickly took in women, including those who led the suit, and by January 1977, the Dolphin Club made membership fully open to women.

The truth is, I don't particularly remember anything frightful happening after the women joined. There was a tiny group of psychos—surprisingly, they were among the younger men at the club—but they left. There were men who didn't much like the situation and made that apparent, but there were also women with an attitude, which didn't make it any easier for anyone. An incident occurred in which one of the women punched one of the men—or was it the other way around? I think charges were filed, or somebody sued somebody. But my main memory of the earliest days was of huddling in the women's single shower three at a time. It was winter, after all. No sauna, no sun.

Gradually, the weather warmed up and the women joined the men timing swims, keeping the building in order, and hanging out. Neither the men nor the women spoke with one voice. For that matter, the women did not all love each other, nor did the men. But the majority on both sides, I think, made an effort to get along. The men I found especially endearing were Herman Zahler, Bert Arias, Dan Murphy, Gordon Cook, and Frank "Cecco" Mennucci, but I'm sure not everyone had the same experience. In short, we began to make friends, which is an individual thing.

Very soon new legal threats appeared. Sandra Terzian, with a small group of clients, filed a new suit against the clubs. The new women members found themselves in the position of fighting on behalf of the clubs against their former lawyer, who intended to force the clubs to open up to the public completely, without restrictions of any kind. Before women were able to join the clubs, many used the public showers under the bleachers. There had been rapes and men walking in on the women as they dressed. Women had kept knives near at hand while they showered. The restrooms near the clubs had been vandalized and closed. This was one of the important reasons the women had sought refuge in the clubs: the city was unable to maintain and police completely open facilities. The men found themselves needing the women to make this point at hearings.

The fight to preserve the clubs more or less as they had been, and a second battle to remain under the auspices of the city rather than the Golden Gate National Recreation Area, probably did more than anything at the time to unite the men and women into one club. It was not the first time when many voices were raised for one Club.

*Marilyn Rodman, Diane Major, Mary Dake, Lee Bender, and Trudi DeLorenzo

WOMEN IN THE CLUBS

A Legal History

By Bill Pickelhaupt

DURING WORLD WAR I, A YOUNG BOY HUNG OUT AT THE South End Rowing Club to kill time and talk to the old guys there. In 1929, the boy graduated from Galileo High and joined the Club. Roy Lazzari, the young boy who had now become a man, quickly became one of the prominent oarsmen at the South End. He could never have guessed then that he would be inextricably linked to the eventual induction of women into the South End and its neighbor.

Lazzari had a temper that sometimes became his worst enemy. Just before he was to join the ranks of the South End's life members, he got into a fight with the Club's board and quit the South End. He then went over to the Ariel Club.

Elmer Delaney, a prominent political force in San Francisco in the 1930s and 40s, was the backbone of the Ariel Club. After World War II, the Ariel became the San Francisco Rowing Club (SFRC). As he lay dying, Delaney got a promise from Lazzari that he would always keep the San Francisco Rowing Club going. Consequently, Lazzari forged a strong emotional attachment to the SFRC.

Later, as the 1960s drew to a close, San Francisco witnessed a sea change in social values that swept over much of the country. The tide included the initial move by a group of women to join the San Francisco Rowing Club. The SFRC's glory had long since faded by the early 1970s, its membership having dwindled to around a dozen members. A group of women decided they wanted to have a club of their own, one where they could swim, take show-

ers and socialize. Most of them had boyfriends or husbands at the South End or its neighbor, the Dolphin Swimming and Boating Club (DSBC). Joan Brown's husband at the time, Gordon Cook, led the Dolphin Club as president. In order to avoid pain to their significant others and preserve peace at home, these women brought a suit in 1974 to take over the underutilized SFRC.

As one of the female principals in the suit now admits, they underestimated the fight Lazzari would put up. The women lost their suit against the SFRC, and Lazzari managed to turn many of the Dolphins and South Enders against the women—at least in front of the other guys. The principal also notes that the attorney Sandra Terzian became involved at this time. Terzian, an ex-girlfriend of Modesto Lanzone, was angry at Lanzone and the Club, and, according to my source, was “really mean.”

The group of women litigants, having lost one suit, were now more emotionally fired up than ever. Terzian told them they had been foolish to try to protect their boyfriends. What was needed now was an action for sexual discrimination against all three clubs and that's how the suit was pursued. The outcome of the women's legal action was that the DSBC and the SERC each agreed to admit a half dozen or so of women members, hoping that would satisfy the women and fulfill their legal responsibilities. Of the original six plaintiffs, only Marilyn Rodman was invited to join the Dolphin Club. Lee Bender, Mary Dake, Trudi DeLorenzo, Joan Brown and Diane Major had to go to the South End as members.

This was a bold move forward for women: after a century closed to all but white males, the doors to membership in the DSBC and SERC were at last open to them. But it was only the first step. The SFRC refused to accept any women members, despite the ruling against all three clubs and a resolution by the city's Recreation and Park Department that directed all lessees of public land under city control to open their doors to all. The SFRC's doors were then padlocked by the city. Operational control of its building was eventually released to the Dolphin Club.

As 1976 rolled into 1977, it became clear that there was no holding back the tide of social change. Fearing they would soon share the fate of the SFRC, both the Dolphin Club and the South End opened their doors to all women who wanted to become members. The clubs were now set up to more closely reflect the political and social reality of San Francisco.

Later in 1977, the state of California was close to completing an agreement to convey Aquatic Park and other state recreational areas to the federal government as part of the Golden Gate National Recreation Area (GGNRA). The federal government, though, was reluctant to accept the Dolphin and South End properties because the question of public access was still unresolved. This was the opening Sandra Terzian needed to once again attack the clubs.

One of the original female plaintiffs joined Terzian in this third suit, which argued that there were "alternate uses" for the properties other than as sites for active recreation and pressed for completely open access. Terzian's two favorite words during her pursuit of the case seemed to be "outrage" and "disgusted." The clubs fended off her verbal and legal assaults by relying on a 1938 agreement with the city, and by arguing that in constructing the club buildings themselves, they had created the legal right to continue to operate as their members intended—as swimming, rowing and handball clubs.

An important subplot of women's admission to the clubs was that a number of men from both the DSBC and

SERC strongly believed the clubs could not survive with women as members. These men put together an alternative plan to utilize the Police Athletic Club (PAC) at Hunters Point. Roy Lazzari had given the SFRC's boats to the PAC, along with old photos and trophies from the glory days of the Ariel/SFRC. Following his lead, a number of men joined the PAC while retaining their membership in the DSBC or SERC, and a few left those two clubs outright in preference for the all-male environment at the PAC. Of course, in the fullness of time, even the Police Athletic Club was forced to admit women.

None of the clubs had ever owned the land on which they rested, and in 1938, they had deeded their buildings to the city for a handful of silver (\$3800) and the city's promise to build them a new boathouse. As the tumultuous 70s were ending, and all the legal and inter-governmental dust was settling, the DSBC and SERC were eventually designated lessees/concessionaires on city property. Each club, consequently, was required in 1979 to sign a lease that paid the city 10% of gross revenue for club use of the buildings. The clubs were further required to allow nonmembers access, for a nominal fee, on a day-use basis. The city retained title to the land and to the buildings the clubs occupied, while the rest of Aquatic Park was conveyed to the federal government and its GGNRA.

Today, San Francisco has both clubs under its control. Each now well over a century old, they are places where members of the general public can find refuge from urban life by swimming, running, playing handball, or just relaxing in the sun. In recognition of their unique value, the San Francisco Board of Supervisors passed a resolution designating the Dolphin and South End Clubs as "living cultural historical assets," worthy of preservation.

Terzian never did get her "alternate uses" for the club property. Women had, however, won their right to join the clubs as members. Their entry, without doubt, marks the end of an interesting chapter in the clubs' history, but a new chapter in the story of the Dolphin Club and the South End is written every day.

THE FIRST WOMEN MEMBERS OF THE DOLPHIN SWIMMING AND BOATING CLUB*

FALL 1949:

Anita Day Hubbard
(Died 8/3/1965)

OCTOBER 20, 1976:

Mary Kaufman
Veronika Mann
Zada Taft
Sally Jo Antonchuck
Joyce Swannack

JANUARY 19, 1977:

Carol Burns
Cynthia Ehrlich*
Patricia Flynn
Carol Hooker
Ruth Dettering
Rosalind Hovsepian
Jacqueline Powning*

Margot Van Riper

Dulcie Thorstenson

FEBRUARY 16TH, 1977:

Barbara Lombardi
June Church
Carol Haffey-Pierotti*
Liadian Cook
Nancy Holliday

MARCH 16, 1977:

Shirley Bossier
Karen Jacobs
Sandra Terzian
Marilyn Rodman*

APRIL 20, 1977:

Claudia Fenton
Robin Gorman
Mary Nelbach

Donna Robins

Mary Franz

MAY 18, 1977:

Sophie Taggart*

JUNE 15, 1977:

Patricia Brent
Morgan Kulla
Pavla Rossova(Podolska) *
Milo Fay*

JULY 20, 1977:

Anamarie Lembke
Jacqueline Merovich*
Mary Crenna
Patricia Hogan
Melinda Marble
AUGUST 1977:
None

SEPTEMBER 21 1977:

Susan Allen*
Jan Herhold
Era Osibe*
Robin Rome*
Doris Trimble
Andrea Diamond

OCTOBER 19, 1977:

Joni Beemsterboer*
Erica Drews*
Peggy Knickerbocker*
Teresa Caughman
Judith Johnson
Caroline Muller

NOVEMBER 17, 1977:

Robin Fayer

DECEMBER 14, 1977:

Katherine Rockwood*
Susanna Spencer-Horner
Nancy Oliva

*Life Member

Compiled by
Walt Schneebeli

SWIM COMMISSIONER'S REPORT

By Suzie Dods

THE SWIM SEASON STARTED ON AN OMINOUS NOTE WITH THE cancellation of the New Year's Day Alcatraz Swim by the South End. Luckily, the unofficial Dolphin Club phone tree was put into action and most people were able to sleep in. The planned 5:30 a.m. check-in time was barbarously early, even by our standards. Those who did choose to roll out of bed and participate in the substitute Yacht Harbor swim had a great time. Even the breakfast was good!

Next on the calendar was the Midwinter Cove. Always on the lookout to spice up a swim, combined with the incentive to make up for the cancelled swim from Alcatraz, Team Dolphin came to the rescue. Steelhead Brewery donated a keg of beer, Ralph Wenzel of Schubert's Bakery donated breakfast goodies, Greg Hicks gave Tom Keller his carne asada recipe, and Duke Dahlin and Liam Hennessy dreamed up a creative relay course as an alternative to an otherwise pedestrian cove swim. To top it all off, we invited the South End to participate. Winterfest 2002 was born. After a bit of confusion as to what we were actually doing, we ended up with 13 relays of kayakers, paddleboarders and swimmers. There were three solo triathletes and six solo swimmers. With the blessing of a *great* sunny day, an abundance of beer and food, and an injection of frivolity, all those who participated had a smashing time. At three in the afternoon people were still at the Club enjoying the afterglow. There was a spontaneous barbershop sextet by "Team Teuton" and friends. The "Irish Team" of Liam Hennessy, Duke Dahlin and John Ottersberg treated those assembled to a rousing rendition of "Knees Up Mother Brown" and unexpected multiple full moons. There were no immediate reports of permanent scarring, mental or physical.

Gas House Cove came next, an easy enough swim. I could not expect it to go perfectly and it didn't. Swimming west to east would have been difficult with a six-foot ebb and three-knot plus westerly current (Okay, so I had a little difficulty reading the format of the tide printouts). We ended up doing a Pier 43 and it was a spectacle. Tourists lined the pier all along the *Pampanito*, cheering, taking photos and generally in awe. Another gorgeous day helped everyone enjoy the swim and all swimmers finished.

March 2nd was a banner day in many ways. We had a great party for the Old Timers, to mark the 125th anniversary of the Club, and to induct "new" Old Timers, including 16 women. While all this was going on, five hardy souls were braving the waters of Lake Tahoe (see

News, Page 2). Scott Haskins, John Ottersberg, Si Bunting, and Tom Keller took the top four places in the Garwoods swim on the lake. Vic Pizarro rounded out the field in 7th place. Over \$600 in prize money was taken in, not to mention bragging rights for at least a year. Si Bunting kind of topped that by winning first place on the TV show "Fear Factor." I think his prize money was a little more generous, but there wasn't any cold-water swimming involved.

Several ongoing projects are also in the works. I am trying to increase participation in the swim program and to that end have started an "Around The World Swim." The idea is to combine *everyone's* miles to swim around the world. You don't have to participate in the organized swims, Polar Bear or anything. If you swim, I want your miles: all miles count. If you're an out-of-town member who swims, e-mail me your miles at suziedods@hotmail.com. If you're an in-town member, please put them on little slips of paper and, before you go out the door, stick them in the envelope by the map.

When we reach our first goal, the Bering Strait, we'll have a Russian theme party (vodka, caviar and borscht?). We have already passed up the coast of California, Oregon and Washington and, as of this writing, are going through the Inside Passage. Help us circumnavigate the world by contributing your miles.

In the Dolphin swimming tradition, we have an English Channel Relay Team making an attempt in July. Several folks have made the preparations to attempt the Catalina Channel and others are going to try the Tahoe Relay as soloists. Wow! Look for updates on the Web site as well as here. If you see Scott Haskins, Phil Scarborough, myself, Dolores Meehan, Tom Kuglen, Seb Behrend, Mary Alex or John Mervin in the water, offer them encouragement, and when they get out of the water maybe let them have the top bench in the sauna.

As always, my thanks go out to those folks behind the scenes: Pete Bianucci, Phil Rollins, Pat McGarvey, Sue Garfield, Joe Illick, Mark Mullen (who has volunteered to be my assistant), Mimi Osborne, Laura Merkl, Lindsay Casablanca, Al de la Peña, George Robin, and Noah Z (stick person extraordinaire). Without them, this would be a tough job. As it is, it's too much fun.

Thanks for letting me try out all my crazy ideas. I hope to increase participation during the coming year while keeping everybody safe. Your questions and comments are always welcome.

Peter Drino will be managing the Dolphin Club's effort this year to reclaim our triathlon glory. So start training and mark your calendars for October 20, 2002.

DOLPHONICS DEBUT

If you had attended the Pilots and Swimmers' Appreciation Dinner last November, you would have been rightfully surprised and delightfully entertained with the downright enthusiastic tunes sung by nine of the bravest DC'ers, the Dolphonics.

With the festive air around all who were celebrating yet another fine year of swimming and rowing at our great old club, words sung to the tune of "Sea Cruise"

*I got to get to knockin'
Get my cap off the rack
I gotta have a pilot
Cauz I swim on my back
So be my guest just act on that whim
Won't you let me take you on a bay swim*

And, "Blue Moon" with love to roast our own Rico "Moon" Passanisi

*Blue Moon, you saw the Club as our home
Our suits were hanging from pipes
Without a locker of our own*

*Blue Moon, more than Blue trim you were there for
You heard us saying a prayer for
As every morning you care for*

Belted out across the bay while being accompanied by beaten rhythm on a blue paint can, these words were sincerely dedicated and with only 30 minutes of rehearsal time!



Members of the Dolphonics (from left to right): John, "Blues-Man" Theede; Barry "Bay-Cruisin" Christian; George "Capn Crawdaddy" Robin; Betty "in the Key of B-Flat" Kohlenberg; Marty "Mama-Dog Paddln" Robin; Anita "Amazin Harmonic" Holmquist; Dolores "Doin It Right" Meehan; Mary "Attagirl" Alex and Jackie "A-touch-of-Grace" Merovich. (Photo by Maximina (Kiko) Fagan, daughter of Jim Fagan)

— Marty Robin

MEN'S LOCKER ASSIGNMENTS

Assignments and upgrades are based on seniority and type of locker, if any, currently assigned. The following locker assignments are considered permanent and are not automatically upgraded unless specifically requested:

Main Room (blue)

- large blue metal free standing lockers (74-153, 166-179, 216-241)
- large built-in blue wood lockers (1-73, 200-215)

Lower Rooms (white)

- All lockers (417 – 496 & A401 – A482)

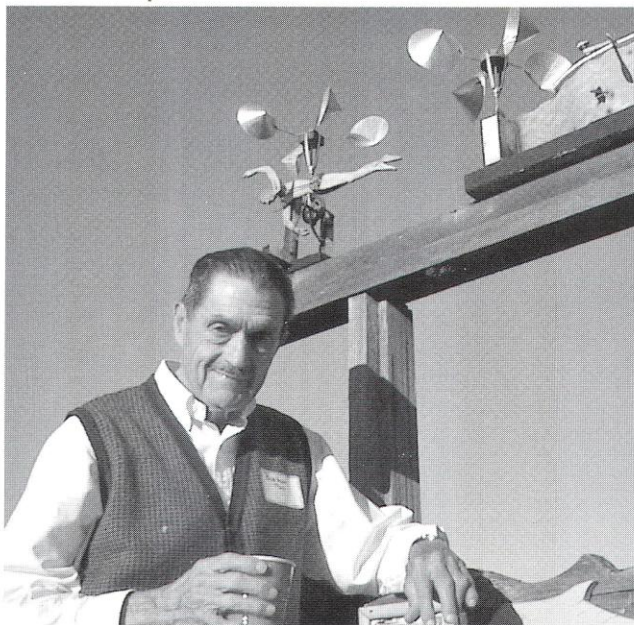
The following lockers are automatically considered for upgrade unless specifically requested to stay put. Upgrades are based on seniority from among the following:

- Main Room (blue)
- Small blue metal wall lockers (154 – 161 & 250 – 271)
- Small built-in blue wood lockers (242 – 249)
- Large built-in white wood lockers (upper level) (300 – 374)
- Remodeled Locker Room (gray) (501 – 662)

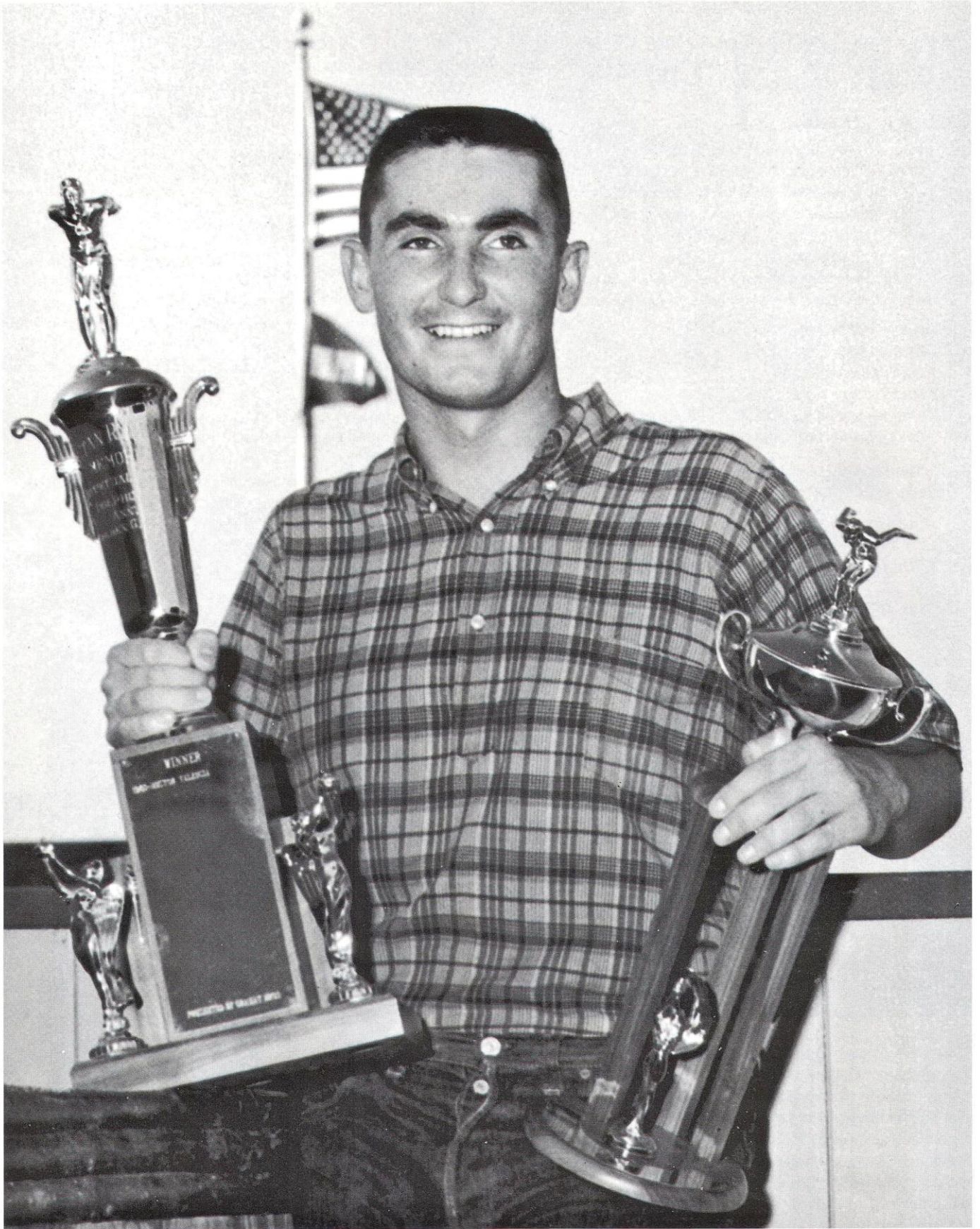
Locker squatters will have their locks cut and contents removed. If your membership is terminated, you will lose your locker. If you reinstate, you will be assigned a new locker based upon your seniority and locker availability.

New member assignments based solely on seniority. Requests for changes in locker assignments should be made in writing to: Dolphin Club, Men's Locker Captain, David Zovickian, 502 Jefferson St., San Francisco, CA 94109.

—David Zovickian



Bob Hoff (1924 - 2002) and his whirligigs



The Tragedy of Jim Small

By Brian Gilbert

Those who do not learn from history are doomed to repeat it. —George Santayana

AS DOLPHINS AND OTHERS WHOSE LIVES HAVE BEEN touched by the Club reflect on a century and a quarter of organized adventure on and off the bay, an encompassing view is in order—one that includes both the light and dark sides of history. The great majority of our story has been a progression of individual and collective achievement, volunteerism and good fortune. However, there are cautionary tales that have as much effect on our way of life at the Club as the benign ones. No single event in Dolphin history is more cautionary than the story of Jim Small.

The story begins in July of 1961. Rear Admiral Allen Winbeck was appointed Commandant of the 12th Coast Guard District, an area reaching from the Oregon border south to San Luis Obispo, and east to Lake Tahoe. It would be a fateful appointment. Until he took command, the Coast Guard had routinely supported Bay swims by furnishing patrol boats and by diverting shipping that menaced swimmers. With the coming of Winbeck, the 47-year old policy was changed.

"We have absolutely no authority to provide patrol boats for swimming competitions," he said. "That responsibility lies entirely with those who sponsor such competitions...our responsibility is to water craft, and our facilities to properly protect these are limited."

In March of 1963, Frank Drum, then Swim

Commissioner, sent the USCG a swim schedule, as had been done in the past. This was despite Winbeck's refusal to acknowledge any Coast Guard responsibility in such swims and his avowal of nonsupport. The result was predictable: Winbeck ignored it. Nevertheless, the normal swims outside the cove went ahead as scheduled; there were only four at that time: Alcatraz, Golden Gate, Gas House Cove and Pier 45.

In October, however, the Club planned a swim that was something new and different—and much longer than the others. It would start at Richardson Bay (just north of Sausalito), proceed south across the Bay to a point opposite the Palace of Fine Arts, and then turn east, back to the Club—a distance of at least five miles.

Two outstanding swimmers were sure to lead the group: James Baird and Jim Small. The two men had been close friends and competitors since their college days at the University of California in Berkeley. James Baird, 21, had won the Golden Gate swim in September and had been pictured in *Sports Illustrated*. He was also a left-side breather, a fact that later would have great significance. The other man was Jim Small, six years older at 27, an ex-Marine who had been Baird's teammate on the UC water polo and swim teams, holder of UC records for the 440 and 1500 meter freestyle, a fellow surfer and lifeguard, and a winner of every Club swim at least once. Jim Small was a right-side breather. Of the two, Small was acknowledged to be the slightly faster swimmer. A recent loss to Baird in the Gate swim nettled him. "Jim was out partying

continued on page 27



#1

TIME

1877 John Wieland from Württemberg (now part of Germany), along with Valentine Kehrlein, from Bavaria, and four of Kehrlein's sons, born in San Francisco, found the Dolphin Club. Membership is limited to 25, and a small shed at the foot of what is now Leavenworth Street is used as a clubhouse. Wieland wants a place for his sons to get healthy exercise and

1911 Hazel Lagenour becomes the first woman to swim the Golden Gate, August 11. #1

1915 The concept for Aquatic Park is approved.

1917 The first Golden Gate group swim is organized by the Dolphin Club. Of the 24 swimmers who start the swim,

1925 Les Hendry becomes the first Dolphin to row, in a single, from the Club to Sacramento.

1927 The Dolphin Club and South End Club are moved from the foot of Van Ness to the foot of Larkin Street.

1931 The first pilings for the new pier (Muni Pier) are driven.



#4

socialize. The first "Ladies Day & Rowing Regatta" is held at Black Point Cove, later to be known as Aquatic Park Cove.

1879 Dolphin Club rowers win the first "Pacific Amateur Rowing Association" Regatta.

1883 Membership limit is increased to 40.

1896 A two-story clubhouse at the foot of Van Ness is completed.

23 finish. Thereafter, the swim becomes an annual Club event.

1923 Hyde Street Pier built by Southern Pacific for its car ferries. Charles M. Farrell is instrumental in getting it built. Ferryboats take autos and passengers to Sausalito and Berkeley from the Pier for several years.

1925 Black Point Cove becomes the property of the City of San Francisco.

1937 The clubs are jacked up and moved on rollers from their site at the foot of Larkin Street to their current site at the foot of Hyde Street. The clubs still own their buildings at this point and pay nothing to the City in rent. The City agrees to pay \$3,800, the cost of moving the clubs, in return for the clubs' deeding their buildings to the City and signing tenancy agreements with the City.

1939 Aquatic Park opened to the public.

LINE



#2



#5

1939-45 Aquatic Park serves as a military headquarters

1949 The *Dolphin Log* makes its debut. Roland Demarais will edit the publication for 17 years, becoming the longest-running *Log* editor. Anita Day Hubbard works tirelessly with the local press to gain positive coverage of the Club. An active swimmer and rower herself, she is made an honorary member of the Club with full privileges. #2

1950 The Aquatic Park boathouse is leased to the Maritime Museum Association. The Dolphin Club wins the Pacific Association of Amateur Oarsmen (PAAO) Regatta.

1953 The *Fort Sutter*, a riverboat built in 1912, is pulled up next to the South End and the Dolphin Club.

1959 The *Fort Sutter*, now grounded at the western end of the Cove, is burned to the waterline, allegedly by members of the South End Rowing Club, fed up with waiting for action by the owner.

1960 First organized Alcatraz swim.

1965 Two 100-gallon water heaters are installed at the Club, allowing easier year-round training for swims.

1967 Lieutenant Colonel Stewart Evans swims from the Farallon Islands to Point Bolinas (20 miles north of San Francisco), becoming the first and only person to achieve this feat. The swim of 19.57 miles begins at 10:17 p.m. on August 27th and finishes at 12 p.m. the next afternoon, at water temperatures ranging from 56 to 58 degrees. Several pilot rowboats and other craft accompany the swimmer. #3

1974 Honorary life member Jack LaLanne, shackled and manacled, tows a rowboat from Alcatraz to the Club in less than 90 minutes.

1975 The Golden Gate National Recreation Area (GGNRA) is formed from an assortment of Bay Area parks and seashores. The state transfers Aquatic Park, with its expensive restoration projects on schooners like the *C.A. Thayer* and *Wapama* and the tugboat *Eppleton Hall*, to the better-funded federal government.

1976-77 Women are admitted as members to the two clubs. The South End and Dolphin Clubs are required to sign separate leases with the City. Each club's lease is to run for an initial 25-year period, with one renewal option of 24 years. By managing their operations themselves, the clubs relieve the San Francisco Recreation and Park Department of this task, while helping the department attain its mission of providing recreational opportunities for San Franciscans.

1979 Dolphin men's and women's relay teams dominate the Maui Channel swim. #4

1980 A transient camping underneath the San Francisco Rowing Club (formerly the Ariel Club) accidentally starts a fire that destroys the Club building, newly acquired by the Dolphin Club, which is right next door. Many photographs and other archives are destroyed. #5

1985 Joe Bruno completes his 50th Golden Gate crossing.

1988 The schooner *Balclutha* arrives at Aquatic Park for permanent berthing at the Hyde Street Pier.

1989 A group of Dolphin women swimmers are the first American female team to cross the English Channel.

1992 The *John Wieland* is rolled into the club's boat shop for a comprehensive overhaul.

1997 Fully overhauled and refurbished, the *John Wieland* is relaunched.

1998 The Dolphin Club Web site is posted online.

1999 The Dolphin Club signs a lease renewal with the City of San Francisco that will expire in 2028.

2002 The Dolphin Club celebrates its 125th anniversary and its first female members attain "Life Member" status.



#3

ROWING INTO THE 21ST CENTURY

By Sid Hollister

Assisted by Walt Schneebeil,
Jon Bielinski and Jim Morino

IN THE DAYS BEFORE SLIDING SEATS MADE A ROWER'S LIFE EASIER, before horsepower took over for musclepower and wind on the waters of the nation's great ports, in the days when men were men, and men's bathing trunks were made of wool, rowing was king in San Francisco Bay. In the last decades of the 19th century, it was as popular as baseball was in the days of Ruth, DiMaggio or Mays.

I doubt that any Dolphin today would bet \$150,000 that they would win a head-to-head race with their keenest rival. Yet in 1888, Henry C. Peterson did just that, wagering \$2,500 that he could win a rowing contest on the Alameda estuary. That was equivalent to three years' wages for a working man—a Chandler or carpenter or plumber.

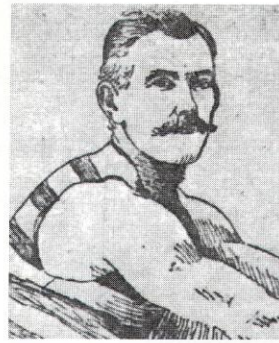
From the Gold Rush of the 1850s to the dot-com boom of the 1990s, the West has always drawn fortune seekers. Among those who journeyed to the Pacific Coast after the Civil War were a few men, strong of arm and back, who made a bit of gold by rowing. Into the early 1900s small boats crisscrossed San Francisco Bay, moving people and goods from ship to ship and ship to shore. The most lucrative business—for piloting and provisioning a ship—went to oarsmen who could beat their competitors to a ship about to enter the Golden Gate. It was only natural then that racing Whitehalls and barges became a popular way for these men to challenge each other. As a result, in the 1870s and 80s, San Francisco Bay was home to 17 rowing and swimming clubs, most of them located

in the eastern and northern areas of the City.

One of them was the Dolphin Swimming and Rowing Club, which was founded with 25 members in 1877, 125 years ago. John Wieland, widely respected owner of the City's Philadelphia Brewery, the largest on the West Coast, started the club as a place where his sons could row, swim, and socialize. Perhaps he hoped to give them a healthy way to spend their time away from the temptations of the brewery.

From San Diego to Seattle, all the races, not just Peterson's high stakes challenge, drew heavy betting as well as cheering, hat-waving crowds. Before a big race, you could find arguments between backers of this rower or that on any busy street corner, in any saloon, anywhere in the working-class neighborhoods where the competing oarsmen lived. Swimming matches were also part of club fairs and regattas. As it was well before the days of saunas and abundant hot showers most competitive swims were sprints of little more than a hundred yards.

As always, of course, there were exceptions. An article in an 1893 issue of *The San Francisco Chronicle* reported on one of them, an Englishman named Ernest Wynne, who was famous for his ability to stay in the Bay's chilly waters for long periods of time. His trick, the article said, was covering himself with coconut oil. He also had the good fortune, as Dolphin swimmers do today, to be piloted by experienced Club pilots. Not a Club member himself, he nonetheless knew where to go for the best



Henry Peterson

Alexander Page

“From the Gold Rush of the 1850s to the dot-com boom of the 1990s, the West has always drawn fortune seekers.”





John Wieland 1962

guidance across the Bay's tricky waters.

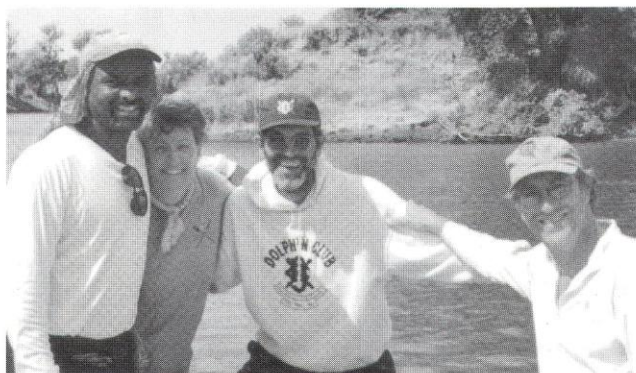
Whether you use coconut oil or the latest refinements of the total immersion technique; whether you enter the Escape from Alcatraz Triathlon or pull an oar in the annual race between the *John Wieland* and the *South End*, if you compete, you are always looking for an edge. In the intensely competitive world of late 19th century rowing, that edge came from making your boat faster than the rest: longer, narrower, and with as shallow a draft as possible. As a result, the Whitehalls used by the pilots and chandlers of San Francisco Bay, and originally for club races, gave way to shells equipped, after 1888, with moving seats. The wind and waters of the Bay, however, were not hospitable to these sleek craft and after a number of swampings, racing moved inland to such relatively protected waters as Lake Merced. Today, the Dolphin Club maintains a small boathouse and racing shells there. A few ocean shells are also kept in the main Dolphin Club boathouse and get taken out when good weather beckons.

With the dropoff of regular racing among everyday working craft, a number of the clubs closed their doors. The urge to test one's technique and strength against other rowers on the Bay, however, remained strong. That continuing competition led, from time to time, to the construction of boats built on modifications of the Whitehall design, with either one or two pulling stations. Though used primarily for recreational rowing, these boats were designed to be a bit speedier than their prototype, without sacrificing the Whitehall seaworthiness needed for the

Bay's strong currents and tides.

The rowing season, complete with disciplined coaching and rigorous training, along with the handball season, continued to anchor the Dolphin Club calendar. Rowing was the activity of choice from March to July; the brief swimming season covered the "warm water" months of August, September, and October; and from November to March, Dolphins retreated indoors to slap the handball around, in both daily competition and regional tournaments. A few Dolphins swam during the spring and early summer months, but not many, and they were considered a bit odd, a description that has never daunted any Dolphin. Little did they know that they were breaking the ice for Polar Bear swimmers of the future.

On October 17, 1897, John H. Caughlan, using a powerful side stroke until mid-span, became the first Dolphin, and the second person, to swim the Golden Gate. Piloted by his coach and trainer, Carl Smith, Caughlan covered the course from Fort Point to Lime Rock in 52 minutes. Twenty years later, on September 9, 1917, 24 Dolphins plunged into the waters off Ft. Point to follow Caughlan's course. Twenty-three made it across, led by "Doc" Koch, who finished in the time of 26 minutes, 51 seconds. He owed his fast winning time to the superb piloting of Alex Pape, a champion West Coast oarsman, and a fine swimmer in his own right at the turn of the century. Using both his experience of the Bay's currents and tides and his well-honed rowing skills, Pape never piloted a swimmer who didn't come in first. Thereafter, the Golden Gate swim



above: Lake Merced 1950; top left: John Kortum, Louise Bea, Tom Davis and John Latta; bottom left: Cornelius Crenshaw, Deb Henning, Jon Bielinski and Bill Stender.

became an annual Dolphin event joined in the following decades by the Alcatraz, Gas House Cove, Pier 45, Raccoon Straits and Handicap Cove swims.

Even though swimming from Alcatraz and across the Gate are common enough these days, they remain demanding challenges for the body and spirit. Finishing such swims successfully depends now, as it did in 1897 or 1917, on the skill of experienced pilots.

Some swimmers practice for these swims by joining master's swim teams; others, if they're Dolphins, by doing the Club's out-of-cove qualifying swims and the Summer 100-mile challenge; and still others, entrants in one triathlon or another, do wetsuited laps from pier to flag to pier. Pilots today gain most of their experience rowing around Alcatraz, to Sam's in Tiburon, through the Delta to Sacramento, or on jaunts to other Bay Area locations. Rarely, though, does a swimmer today have the kind of individual coaching John Caughlan enjoyed.

Open water swimming a hundred years ago was a serious undertaking that required thorough preparation. If you got in trouble, no motorized inflatable craft or Coast Guard boat would zip to your aid and there were few fellow swimmers to give you tips. To swim the waters of the Gate you needed a coach and pilot, someone who knew rowing technique and was intimately familiar with the Bay's tides and currents. And if you rowed, you needed coaching, as well. Rowers who hoped to be on the winning four-man team in a race from the Club around Alcatraz and back, or take first in an all-out sprint from the

Club pier to the flag and back to the pier needed both strength and technique. There was no other way to make the tight turn around the flag and come out smoking, or to get a flying start, or to know how to pace yourself so you could blow by your competition at the finish line, especially satisfying if collegiate rowers were in the losing boat.

In the 1930s, 40s, and 50s, the coach for the Dolphin Club was Lawton Hughes, whether you rowed as a junior, lightweight, or senior; in a single shell or as part of a two or four-man crew. Under Hughes, who put the Club's rowing program in gear, the Dolphin Club regularly entered and won races held by the Pacific Association of Amateur Oarsmen (PAAO). In fact, the Club's four with cox swept the PAAO's last three championship races at Lake Merced, in 1950, '51, and '52, setting the course record in 1950. (photo)

When many rowers entered the service during the Korean War, the rowing program came to an abrupt halt, and never returned to those race-filled days. The socially tumultuous 60s and 70s also changed the club in dramatic fashion.

Throughout the 1960s, recreational rowing continued to be popular, with trips to Angel Island or Kirby Cove for picnics or to Candlestick Park to take in a Giants game heading the list of favorite rows. Handball, too, remained the Dolphin winter activity of choice, with tournaments put on by the Club and the South End drawing both west

continued on page 30

PRESIDENT'S REPORT

By Anthony W. DuComb

CARETAKERS OF THE TREASURE

WHEN JOHN WIELAND AND HIS SONS AND FRIENDS founded the Dolphin Swimming and Boating Club in 1877, they joined a young tradition of rowers and swimmers who plunged into and plied the chilly waters of San Francisco Bay. In joining the already existing rowing clubs, they, not unlike so many of the immigrant workmen of the day, were seeking a haven to exercise and relax. Little did Wieland know that they were creating what Congresswoman Nancy Pelosi called, in a recent congratulatory letter to the Club, "one of San Francisco's true treasures."

We, the men and women, swimmers and rowers, runners and bicyclists, weight lifters and sunbathers, owe a great debt to past generations of Dolphins who have bequeathed the Club to us. As we celebrate the 125th anniversary of the existence of the Dolphin Club as a vital part of San Francisco, it is befitting to reflect on our rich heritage. It also is appropriate to recognize that we shoulder the responsibility to maintain the Club for future generations.

Over the past 125 years, through earthquakes and fires; wars and depressions; strikes and political upheavals; the flower children and the dot-commers, the Club has remained a sanctuary. For a hundred of those years, it served as an all-male bastion. Then, in 1977, a small group of female Bay swimmers changed San Francisco history for the better when they gained the right to become Club members.

Today, the membership has grown to an all time high of close to one-thousand, with approximately 30 percent women. The lease with the City has been extended until 2028. The locker rooms and saunas have been rebuilt and refurbished without affecting the rustic charm of the building. And the facility itself, despite the occasional leak or collapsing plank on the dock, has never been in better shape. Our finances are sound. Our fleet of wooden rowboats is the largest and best-maintained on the Pacific Coast. The pride of our fleet, the *John Wieland*, has been rebuilt. Our swimmers—who daily brave the waters of Bay—embody the City's intrepid and vibrant spirit. Numerous Dolphin swimmers, individuals and teams, have crossed the English Channel and other transcendental swimming challenges.

At the Old-timers Dinner this March, we celebrated the double anniversary of the birth of the Club and the inclusion of women as members by installing 16 women

"We, the men and women, swimmers and rowers, runners and bicyclists, weight lifters and sunbathers, owe a great debt to past generations of Dolphins who have bequeathed the Club to us."

and seven men as Life Members. Willie L. Brown, Jr., Mayor of the City and County of San Francisco, proclaimed that day, March 2, 2002, as "The Dolphin Swimming and Boating Club Day." This event challenged us to recognize that we, and only we, are the caretakers of the treasure at the foot of Hyde Street. But we are caretakers of more than a building—we are guardians of a free spirit that embodies being a Dolphin member.

The question becomes: How can we meet this responsibly and maintain the Club for future generations? The answer is simple—participation, volunteerism, and cooperation.

Being a Dolphin should be more than just writing a dues check and using the facilities. To fully enjoy being a Dolphin, one should consider participating in some of the numerous club swims, rows, dinners, potlucks, parties and open houses. One should consider volunteering as a writer for the *Log*, a pilot for the swims, a cook for the dinners, an attendee at a Bay watch meeting, or just pitch in as a general helper around the place. The trash needs to be picked up, showers need to be scrubbed, windows need to be washed, and a hundred other tasks need to be done on a regular basis. One should attempt to find ways where cooperation, rather than confrontation, with other members can continue to reinvigorate the spirit of all.

Just as John Wieland could never have fathomed what the world would be like in the 21st century, we cannot imagine what it will be like in the 22nd century. But if, we accept the responsibility that is ours, years in the future on cold and foggy mornings, men and women around the Bay will slide their keys into the Dolphin door, climb the stairs to damp locker rooms, and enter the water. They will thank us, just as they, too, assume stewardship of the Club for the generations that will follow them.

DOLPHIN SWIM STATISTICS

THANKSGIVING COVE

November 22, 2001

Course 1 mile of "green beans and onions." Conditions: Swells and 57 F degrees. Some suspicious short cuts and fast times

1. Scott Haskins	14.02
2. Ned Simpson	14.40
3. Monica Towers	14.55
4. Dave Zovickian	15.07
5. Peter Drino	16.03
6. Sy Bunting	16.06
7. Miles Smith	16.28
8. Dave Rich	16.32
9. James Vanya	17.09
10. Elmer Tosta	17.56
11. Susan Lauritzen	18.15
12. Todd Oppenheimer	18.22
13. Jennifer Lamers	18.40
14. Larry Scroggins	18.58
15. Peter McLaughlin	19.15
16. Emily Roth	19.23
17. Gary Ersham	19.31
18. Joe Illick	19.43
19. Rudy DeMay	20.09
20. John Theede	20.20
21. Jackie Merovich	20.30
22. Barry Christain	20.40
23. Susan Cobb	20.47
24. Tom Kuglen	20.50
25. Anita Holmquist	20.53
26. Ken Coren	21.03
27. Lee Hammack	21.14
28. John Mattox	21.16
29. Marsha Grimm	21.41
30. Robin Rome	21.43
31. Mark Mullen	21.49
32. Sarah McClusky	22.09
32. Lizann Schiff	22.09
34. Laura Burtch	22.24
35. Hal Offen	22.40
36. Phil Scarborough	23.06
37. Sue Garfield	23.20
38. Anthony DuComb	23.26
39. Larry Wisch	24.00

40. Delores Meehan	24.56
41. Mickey Lavelle	25.34
42. Era Osibe	26.58
43. Pat Howard	27.20
44. Debbie Rose	27.50
45. Mary Cantini	28.25
46. Lou McMurray	29.06
47. Keith Weaver	29.06
48. Don Reid	30.48
49. Gina Rus	32.45
50. Peter Butler (wetsuit)	27.59

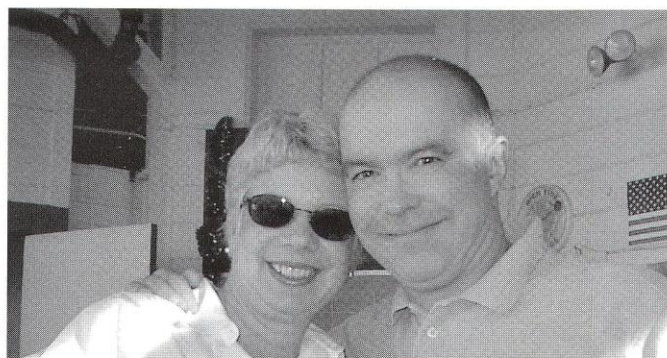
HELPERS: Susan Allen, Anthony DuComb, Sue Garfield, Candace Kelly, Laura Merkl, Mary Beth O'Connor, Camille Rich, Dylan Rich, David Rich, Phil Rollins, Debbie Rose, Matthew C. Sheridan, John Theede and Noah Zovickian

NEW YEARS COVE

January 1, 2002

(Course was pretty goofy)

1. Monica Towers	na	s
2. Anne Sasaki	na	s
3. Tina Scott	na	s
4. Dave Zovickian	20.26	s
4. Elmer Tosta	20.26	s
6. Pete Neubauer	21.37	s
7. Ted Tilles	21.35	s
8. Nancy Friedman	22.32	s
9. Greg Hicks	22.44	s
9. Suzanne Heim	22.44	l
9. John Ottersberg	22.44	l
12. Nancy Horner	24.02	s
13. Barry Christian	24.34	s
14. John Horner	24.48	s
15. Drew Sullivan	25.59	l
16. Era Osibe	27.04	s
17. David Rich	27.19	l
18. Alan Budenz	31.09	l
19. Don Reid	31.35	s
20. Krist Jake	33.03	s
21. Mary Alex	37.15	l
22. Tom Kuglen	37.54	l
23. George Robin	39.26	l



HELPERS (Cove and Yacht Harbor): Duke Dahlin, Suzie Dods, Suzanne Heim, Jennifer Lamers, Pat McGarvey, Will Powning, Camille Rich, Phil Rollins, Gina Rus, and Anne Sasaki.

PILOTS (Cove and Yacht Harbor): Susan Allan, Ray Artigues, Marcus Auerbuch, P. Brady, Alan Budenz, Peter Butler, Gary Ehram, Jim Fagan, Phil Kohlenberg, Al de la Peña, George Robin, Phil Rollins, Emily Roth, Eric Shackelford, Neal Snyderman and Drew Sullivan.

WINTERFEST

January 20, 2002

A true confusion of finishers
Conditions-Flat water and
plenty of suds

RELAY TEAMS

1. Candace Kelly,	23.27
Si Bunting,	
Phil Scarborough	
(Youngest Team)	
2. Ralph Wenzel,	24.34
Tom Keller,	
Seb Berherd	
(Team Teuton)	
3. Liam Hennessey,	26.39
Duke Dahlin,	
John Ottersberg	
(1st Irish Team)I	
4. Mathew Sheridan,	27.16
Margaret Keenan	
(M & M Team)	
5. Ted Tilles,	28.22
Naomi Mahoncy,	
Joe Illick	
6. Pedro Orlones,	28.31
Edison Penado	
7. Mary Alex	29.23
Steve Worthington,	
Dolores Meehan	

8. Lary Wisch	30.31
Dan Osborne	
Pete Bianucci	
9. Tina Scott	31.06
Susan Allen	
Ken Frank	
10. Robin Rome	36.49
Peter Kruit	
Era Osibe	
11. Noel Frelicot	36.19
Ray Artigues	
Dan McGill	
(Oldest team)	

SOLO SWIMMERS

Long course

1. Edison Penado	26.39
2. Hugh Kim	30.36
3. Hal Offen	31.26

Short course

1. Dan Osborne	13.36
2. Ken Coren	15.37
3. Lee Hammack	15.57
4. George Robin	16.04

PILOT: Jim Fagan

HELPERS: Mary Alex, Susan Allen, Ken Coren, Duke Dahlin, Anthony DuComb, Ken Frank, Sue Garfield, Neil Hartnett, Rey Hassan, Liam Hennessey, Joe Illick, Krist Jake, Margaret Keenan, Tom Keller, Candace Kelly, Pat McGarvey, Laura Merkl, Mimi Osborne, John Ottersberg, Al de la Peña, Pavla Podolska, George Robin, Chris Kelly



Pier 43

February 23, 2002

Conditions: Light breeze,
strong ebb

1. John Selmer	.17.38
2. Peter Drino	.18.57
3. Duke Dahlin	.19.05
4. Alan Budenz	.19.11
5. Joe Illick	.19.54
6. Ted Tellis	.20.12
7. Krist Jake	.20.14
8. Peter McLaughlin	.20.20
9. Hyo Kim	.20.23
9. Jennifer Lamers	.20.23
11. Mary Alex	.20.34
12. Mary Ott	.20.42

13. Greg Hicks	.21.22
14. Neal Powers	.21.36
15. George Robin	.21.38
16. Pete Neubauer	.22.27
17. Adam Goldberg	.22.52
18. Jackie Merovich	.23.15
19. Rey Hassan	.24.57
19. Roger Klieed	.24.57
21. Jerry Cullen	.24.58
22. Sue Garfield	.24.59
23. Hal Offen	.25.17
24. Anthony DuComb	.26.33
24. Leslie Callan	.26.33
26. Larry Wisch	.28.35
27. Era Osibe	.28.47
28. Noel Frelicot	.29.59
29. John Theede	.30.09

30. Sarah McCusky	.31.39
31. Pavla Podolska	.36.44

HELPERS: Susan Allen, Alan Budenz, Signe Curtis, Suzie Dods, Noel Frelicot, Sue Garfield, Gail Grynbaum, Greg Hicks, Joe Illick, Pat McGarvey, Sarah McCusky, Peter McLaughlin, Pete Neubauer, Hal Offen, Pavla Podolska, Neal Powers, Phil Rollins, Tina Scott, Larry Scroggins, Michael Soto, John Theede, Keith Weaver and Larry Wisch.

PILOTS: Ray Artigues,

Auerbach, Paul Brady, Crenshaw, Paul Dubois, Ring Groth, Rueben Hechenova, Phil Kohlenberg, Dan McGill, Kathy McKinley, Dan Osborne, Al de la Peña, Phil Scarborough, Tina Scott and Bob Wei.



DOLPHIN CLUB'S ESCAPE FROM ALCATRAZ TRIATHLON – 2001

	<u>NAME</u>	<u>CLUB</u>	<u>SWIM</u>	<u>BIKE</u>	<u>RUN</u>	<u>TOTAL</u>
1.	Edison Peinado, Jr.	SE	35	49	2:31	3:55
2.	Mark McKee	DC	46	52	2:24	4:02
3.	Ben Owen	DC	49	57	2:35	4:21
4.	Eric Burke	DC	46	56	3:00	4:42
5.	Phil Scarborough	DC	40	1:03	3:05	4:48
6.	Anthony DuComb	DC	59	1	2:53	4:52
7.	Bob Besso	DC	52	1:05	3:02	4:59
8.	John Mattox	DC	56	1:02	3:03	5:01
9.	Jon Nakamura	DC	39	59	3:25	5:03
10.	Ted Tilles	DC	48	1:02	3:16	5:06
11.	Ken Coren	DC	54	1:04	3:13	5:11
12.	Sunny McKee	DC	46	59	3:28	5:13
12.	Rebecca Tilley	DC	47	58	3:28	5:13
13.	Naphtali Offen	DC	1:04	1:02	3:17	5:23
14.	Gary Emich	SE	44	1:01	3:53	5:38
15.	Mike Webb	DC	49	1:01	3:52	5:42
16.	Barry Christian	DC	54	1:07	3:43	5:44
17.	Matthew C. Sheridan	DC	49	1:10	3:50	5:49
18.	Krist Jake	DC	48	1:22	3:40	5:50
19.	Debbie Bispo	DC	51	1:23	3:37	5:51
20.	Keith Nowell	DC	54	1:07	3:57	5:58
21.	Regina Rus	DC	46	1:10	4:02	5:58
22.	Tom Lithicum	SE	53	1:18	4:22	6:33
23.	Mary Cantini Norkin	SE	1:05	1:21	4:33	6:59
24.	Coleen Vajvodich	SE	55	1:32	5:13	7:40
Swim	Ray Hassan	DC	61			
Swim	Jay Carlos Cannel	DC	54			
Cove	Mo Cheston	DC	45	53	2:44	4:22
Cove	Ross Burger	DC	53	1:40	2:52	5:25
Fins	Mike Laramie	SE	38	56	3:03	4:38
Fins	Patricia Banks	SE	49	1:20	3:32	5:41
Fins/Swim	Dennis Drobbisch	DC	55			
Fins/Partial	Michael Lagios	SE	52:51	2:02		
Partial	Suzie Dods	DC	45	1:29		
Partial	Tom Dugan	SE	DNF	1:51	DNF	

RELAYS

	<u>NAME</u>	<u>CLUB</u>	<u>SWIM</u>	<u>BIKE</u>	<u>RUN</u>	<u>TOTAL</u>
1.	John Mervin	DC	48			
	Gabe Scurlock	DC	44			
	Phil Reif	DC		44	2:26	3:58
2.	Margaret Keenan	DC	44			
	Ian McLean	DC		42		
	Margaret Keenan	DC			2:47	4:13
3.	Peter Urrea	DC	50			
	Teresa Owen	DC		56		
	Teresa Owen	DC			2:40	4:26
4.	Duke Dahlin	DC	38			
	Stu Etzler	DC		52		
	Susan Allen	DC			4:04	5:34
5.	Peter Butler(Cove)	DC	1:03			
	Peter Butler	DC		1:24		
	Chuck Vogt				4:08	6:35

late the night before the Gate swim; if it hadn't been for that, he probably would have won," said a friend who asked not to be identified. "Just the same, it bothered him; he didn't like to lose at anything."

Sunday morning, October 20th, dawned clear and bright, as is so often the case in late fall. Dan Osborne, a pilot of several decades experience, was there that day: "Conditions were generally excellent. But a requirement had been made beforehand that every swimmer who wanted to participate would show up with his own dedicated pilot, and nonappearance of a pilot would automatically eliminate the swimmer. As usually happens, some (three) of the pilots didn't show. And also as usually happens, the group adrenaline was flowing, and the "lets just do it" attitude prevailed over caution and common sense. So the swim went ahead without the (safe) number of pilots we had planned on having."

The swim began with 11 swimmers jumping at 11:15 a.m. Baird and Small stroked into an early lead; they were piloted in a double by Dave Hinton and Dan Osborne¹, who had been assigned the point for the swim. As they neared the Presidio Shoal offshore from the Saint Francis Yacht Club, the nearest swimmer was Joe Flahaven, about 100 yards behind the two leaders. They had been in the water an hour and 15 minutes. The time was 12:30 p.m.

Dan Osborne: "We were piloting the two leaders, but naturally we could see Flahaven's position because we were facing backward."

Dave Hinton: "We were more than halfway across and keeping an eye on a group of sportfishing boats that were at least a half-mile away in the center of the channel. They were milling around slowly and didn't seem to pose any threat. Suddenly we noticed an eastbound submarine that appeared in the channel they use (north of Alcatraz)². It was almost submerged, with only the conning tower showing, and from our angle it looked as if he were headed straight for the third swimmer (Flahaven). We decided to go back and cover him. But just before we reached Joe, one of the fishing boats left the pack and headed straight toward Baird and Small. It was perfect timing for a disaster, because we were at the furthest point from the two leaders in terms of a return."

Dan Osborne: "We had nearly reached Presidio Shoal, which was to be our turning point to go back to the Club. The fishing boat made its approach heading toward us, which made it harder to see at first. When we saw the threat, we turned around and went back to Baird and Small at our best speed. When we realized we couldn't reach them in time, we stood up in the boat and shouted and waved our arms, trying to draw attention to Baird and Small. The captain was lounging in the cabin, and he just waved back, apparently thinking we were just being overly friendly. He never altered course or looked at where we were pointing."

Dave Hinton: "The captain later admitted that he had been on automatic pilot, but it never occurred to him that there might be swimmers in the water. I remember that he was making top speed; the sound indicated that the motor was running full out and when I heard it miss, I knew someone had been hit."

Glenn Newmann, captain of the *Pacific Dawn*: "I heard a thump and I thought we'd hit a piece of driftwood. Then I saw that head with goggles bob up, and I thought 'Oh my God, we've hit a skin diver.'"³

James Baird: "I looked up and saw the thing (the boat) only five feet away. I saw it coming because I breathe on the other side (the left). I pushed myself away from the hull and just missed getting hit by the propeller."

But Jim Small was a right-side breather, and so he never saw the boat that ran right over the top of him. The hull of the *Pacific Dawn* very likely struck the swimmer just above his lower back, rolled his body from the impact and speed of the craft, and struck him in the chest. As the boat continued forward, the spinning 22-inch propeller severed his left leg immediately, badly mangled his right leg, fractured his hip and cut his left hand.

Dan Osborne: "It was terrible. When I first saw the area, there was a circle of blood in the water 30 feet across. Somehow I got hold of his arms and tried to lift him up and into the boat, but I found I just couldn't do it. Dave couldn't help me because he had all he could do to keep the boat from capsizing with me trying to lift an unconscious man, slippery with his own blood, up over the gunwale. I cracked two ribs in the attempt, but I just couldn't do it. We retrieved his severed leg, but that's about all we could do for him. Fortunately, it was only a couple of minutes until the *Sea Raven* (another fishing boat) moved in to help. The *Sea Raven* also radioed the Coast Guard; and since we were just offshore from their station, they arrived within minutes."

Dave Hinton: "It was the most horrible thing I've ever seen. Jim, of course, was unconscious and being held up by Dan and partially supported in the water by Baird. We couldn't do much besides try to stop the bleeding. Try as I will, I've never been able to forget how bad it was."

Philip Christiana, captain of the *Sea Raven*: "We could see that boat cutting right across the swimmer's path. We could all see it was going to happen, but it was too late for us to do anything. When we reached the rowboat, we all helped to get the swimmer on board and laid him on the hatch cover."

The fishermen of the *Sea Raven* held their fingers on the injured man's arteries to stop the flow of blood until the Coast Guard arrived. Jim Small was rushed to Letterman General Hospital in the Presidio. Doctors found that his right leg was too badly mangled to save and quickly amputated it. Shortly after he was admitted, the Commanding General at Letterman said "He is in deep shock—we don't think he can make it." However, several

hours later he said "He's come out of shock and is surprising us—he still has a very good chance." By Monday night, he had regained consciousness for brief periods. No longer in a state of shock, he was able to feel the pain of his wounds. "I think I've licked the worst of it," he told hospital personnel. His doctors reported that he was showing signs of improvement, although he remained in critical condition.

By Tuesday morning, the doctors at Letterman noted encouraging signs such as normal blood pressure, return to consciousness, and stabilization of vital signs. By this time, Jim had received 76 pints of blood in transfusion—63 pints of whole blood and 13 pints of plasma. This replacement equaled over five times the 14 pints that normally flowed through his entire body. A spokesman for the hospital called his survival up to this point "a near miracle" and credited every member of the staff.

While Jim was fighting for his life, Rear Admiral Winbeck, USCG, called a Tuesday morning press conference. It seems that he had taken umbrage at some implied criticism published in the morning newspaper (The San Francisco *Chronicle*). He stated that his "service" had not been asked to provide an escort for the Sunday swim. Frank Drum admitted that the Club had not sent its usual letter notifying the USCG of this particular swim, but added that he saw little point in doing so because the "service" had steadfastly refused every request for escort protection for the past two years.

In rejoinder, the Rear Admiral said that "...the Coast Guard has neither enough personnel nor patrol boats to escort every Bay swimming group."⁴ He also said that he "...is not for restricting swimming, but he would suggest (that) swimmers swim almost any place else rather than the congested, navigable lanes of the Bay." Finally, he said that the Coast Guard has no power to bar a swimmer from dangerous waters and he knew of no way that an enforceable law could be put on the books.

On Tuesday afternoon, a call went out for blood donors to replenish the supply that Jim had used. The response overwhelmed the Irwin Blood Bank, as more than 500 people came in to donate blood. The Bank director said that the turnout was "the largest we've had in any one day for any one individual." The bank stayed open for more than five hours after the usual 6:00 p.m. closing time to accommodate everyone who wanted to contribute. From Jim's bedside, the report came that he was in good spirits and confident of the outcome of yet another operation, scheduled for early the next morning. "He was just like he was ready to go to another swimming meet," said his brother-in-law, Dennis Hull of Sacramento. The operation proceeded as scheduled.

At 7:14 a.m. on the morning of Wednesday, October 24, some 69 hours after his maiming, all vital signs ceased and Jim died quietly. Death was attributed to "multiple internal hemorrhaging." Conscious and lucid until a few minutes prior to his final collapse, he was unable to overcome the injuries caused by the boat hull that ran over

him. Doctors could bind up the ends of his shattered legs, but they could do little for the arteries that were leaking internally, or for his injured lungs. Not that they didn't try. Once they accepted the idea that he might survive, their efforts were unstinting. The 76 pints of blood that had been used in the effort to save him amounted to more than one for each hour of his life after the accident and were a mute testimonial to the extent of his internal injuries.

The funeral was held on the following Friday. Three hundred mourners attended the service held in Saint Stephen's Episcopal Church in Orinda. That same day, Don Kane, then a swimming coach at the Club and a swimming commissioner of the Olympic Club, made a press announcement concerning the formation of a safety council for Bay swimming. One immediate aim, he said, would be to get clarification of the Coast Guard's responsibility for the protection of swimmers.

In a display of inferential logic that dazzle minds not gifted with bureaucratic insight, the Rear Admiral decided that, although his "service" was not responsible for the safety of swimmers while they were alive, they were uniquely qualified to investigate their deaths.

The San Francisco *Chronicle*, October 29th: "A San Francisco coroner's inquest into the death of champion swimmer James Small was cancelled yesterday, on grounds his fatal injuries occurred in the Bay and that the Coast Guard is investigating the case." It is worth noting that the age of miracles was not yet past; the subsequent investigation by the Coast Guard found that the Coast Guard was entirely blameless for what occurred.

The ultimate result of the whole tragedy was a much higher level of safety for open-water swimmers. A group of Dolphins led by Frank Drum, then President of the Club, and the Coast Guard, came up with an agreement that ensured USCG cooperation for Club swims. Among other things, the agreement called for a minimum of one pilot boat for every three swimmers and that in swims outside Aquatic Cove swimmers had to wear highly visible orange caps.

Bear in mind that almost all the boats used as pilot craft at this time consisted of the single-seat Whitehalls that still comprise the majority of our fleet. There were no Zodiacs or other motorized craft, no kayaks, not even a board to supplement the coverage. Swimmer recovery from the water was effected by a loop of rope slung under the armpits, if the recoverer was skillful; if not, they just got the swimmer aboard by the Armstrong method (any way they could).

Dan Osborne: "Unfortunately, the adrenaline level in a group of swimmers assembled for a swim is very high and dangerously infectious... most notably in the infamous Alcatraz swim of 1977. Conditions were such that the swim should have been cancelled, but the group mentality won out over good judgment and it went ahead. The result was that 78 swimmers jumped off, and a total of five finished in the cove. Some reached land near Fort Mason,

and others went as far east as Pier 39⁵. Later, in 1983, we had a Trans-Tahoe swim scheduled and a blizzard had started and was in progress, which dropped the visibility range down to dangerous levels. Fortunately, the Coast Guard stepped in and cancelled that swim."

It is tragic that a man had to die to implement something that should have been standard practice in the first place; but the sclerotic position of the Coast Guard command at the time meant that progress for Bay swimmers came only at a price—and the price was very high.

¹ Dave Hinton and Dan Osborne are Life Members of the Dolphin Club. Dan Osborne is still active. Dave Hinton is living in self-imposed exile in Florida.

² The US Navy base at Vallejo was formerly much used as a base for atomic submarines.

³ The "head with goggles" was James Baird; Jim Small always swam bareheaded.

⁴ At this time, "Bay swimming group(s)" numbered exactly two—the South End Rowing Club and the Dolphin Club.

⁵ The author remembers swimmers who were turned around 180 degrees during the swim, and were only persuaded with the utmost difficulty that they were headed back to Alcatraz instead of toward San Francisco. In all fairness, the particular conditions that caused such disorientation could not have been foreseen.

Thanks to Beverly K. Dodds, R.N. ret. for her help with this article

Out-Of-Cove Swim Rules

Swimming in the Bay is inherently risky. Bay swimming outside the Aquatic Park Cove in heavily trafficked San Francisco Bay may present even greater risks. Accordingly, the Dolphin Club enforces the following rules regarding out-of-cove (defined below) swims which (a) are not Club Swims (defined below) and (b) which use Club facilities (defined below). Since private out-of-cove swims (defined below) are the sole responsibility and risk of the participants, the Club may ask for a written release of liability from each participant. By granting consent for the use of Club facilities for private out-of-cove swims, neither the Club nor the person(s) granting such consent renders any swim, and neither undertakes any duty to do so. Failure to obtain required consent for private out-of-cove swims using Club facilities is grounds for the following member sanction:

FIRST OFFENSE: one-year suspension from competing in Club swims.

SECOND OFFENSE: Expulsion from the Club without right of reinstatement.

DEFINITION OF TERMS

- Club Swim means those swims published by the swim commission in the Club's official swim schedule or other swim events scheduled by the swim commissioner as a part of the Club's organized swim program.

- Required Consent means consent to the swim (a) by the Club's head swim commissioner and (b) consent of the boathouse captain to use Club facilities.
- Club Facilities means any real or personal property of the Dolphin Club, including without limitation boats, radios, dock, wet suits, clubhouse, showers, sauna, etc.
- Out-of-cove means any part of the Bay outside the perimeter Aquatic Park Lagoon's breakwater.
- Private out-of-cove swim: any swim which (a) is not a Club swim, (b) occurs in whole or in part out-of-cove and uses or involves Club facilities.

THE SPIRIT AND INTENT OF THE RULES

While the above rules may be susceptible to "stretching" or "contain loopholes," the point of the rules is quite clear. These rules are intended to apply if a wet or cold participant may ultimately (directly or indirectly) end up in Club facilities. For example, even if a swim does not technically end up at Club Facilities, if participants return to the Club facilities wet or cold (as opposed to flushed, warm and dry), the swim is subject to consent rules. Likewise, if any Club equipment is used in a swim that does not otherwise involve Club Facilities, the swim is subject to consent rules. If you have any doubt regarding whether a proposed swim or row is subject to the above rules, ask the head swim commissioner.

The above rules do not attempt to limit your freedom as a private citizen to conduct swims that are wholly unrelated to the Club and that do not in any way affect the Club facilities. All swim events, whether in or out-of-cove, that involve Club facilities are subject to required consent rules.



coast and national champions. But, after 1965, when Jimmy Morino installed two 100-gallon water heaters, the Club underwent some major changes.

The new hot water system allowed the swimming season to expand, swim by swim. In 1977, the Club, if somewhat reluctantly, opened its doors to women. Women had, in fact, been swimming off the beach at Aquatic Park for many years and as early as 1911 Hazel Langenour had crossed the Golden Gate. Some of the Aquatic Beach women, before they became members of the Dolphin and South End clubs, also swam the Gate, piloted by experienced rowers from the two clubs.

With women and hot water, which often seem to go together, the Club entered a new era, drawing an increasing number of superb swimmers, many of them women. Competitive rowing almost disappeared, though many new members who wanted to be on, as well as in the water, stored their kayaks at the Club or learned the techniques of launching and handling the Club's fine wooden craft—the best fleet of its kind on the west coast. Without experienced rowers willing to pilot, the swimming program could not have expanded.

The popularity of rowing on the Bay, and especially of racing, according to Club historian Walt Schneebeli, has, since the heyday of racing in the 1870s and 1880s, been an ebb and flood affair. Though no longer a draw for heavy betters, competitive rowing of open water shells on the Bay has recently had a surge in popularity, and the Dolphins have been part of it. Dolphin rower Peter Brand, in the past several years, has won Head of the Alameda Estuary and Petaluma River races, and is now competing against the Bay's best rowers of the Mass 24, a common open-water racing shell. Instruction in rowing the Club's shells is available, if you set it up ahead of time, at both the Club and at Lake Merced.

The magnificent restoration of the

John Wieland, originally built in 1887 in Alameda, also gave rowing the Club's wooden boats a shot in the arm. By the time it was relaunched in 1997, this six-year project had inspired more than 176 volunteers to contribute close to 5,000 hours of framing, driving rivets, and varnishing, and had drawn many new rowers to the pleasures of boating on the Bay. The relaunching of the *Wieland* evoked days when rowing ruled the Bay and a picnic trip to Angel Island was a fine way to spend a warm Sunday afternoon. These days, rowers seem to be drawn more to trips that test their endurance, offering in the bargain such amusements as fishing for striped bass, picking blackberries, and designing protective headgear that sport a bit of panache. The row to Sacramento, which Ed De Cossio, Sr. completed in a double, with different partners, for 25 straight years, was revived a few years back and will mark its 10th anniversary this year. A fall event involving several boats, it has spurred the revival of other annual long rows—to Petaluma and to Napa. There have also been rows to Alviso and around Alameda. Many new, and younger, members say they joined the Club to row, and they've been doing just that, filling Rowing Commissioner Deb Henning's classes to capacity.

Our newer members are perhaps looking to bring into their lives something that is not only enjoyable but that connects them to an enduring part of the past. Taking a Whitehall out on the Bay can do just that, putting a rower in touch with the many Dolphins that have rowed her and affectionately kept her seaworthy, and with the many Dolphins she has shepherded across the Gate or from Alcatraz. It would only be right, since our Club history demonstrates over and over that swimming and rowing go together like Commodore Lou and a vodka martini.

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2002 SWIM SCHEDULE

Schedule Subject to Changes

Date	Event	Jump-Off
January 1, 2002 -	☼New Year's Day Alcatraz and Cove	TBA
January 20 - Sunday	Mid-Winter Cove	.09:00
February 23 - Saturday	☼Gas House Cove	.10:30
March 17 - Sunday	☼Spring Cove	.09:00
March 21 - Thursday	Polar Bear ends	.23:59
April 6 - Saturday	☼Pier 43 1/2	.10:00
May 5 - Saturday	☼Pier 39	.9:30
May 25 - Saturday	☼Yacht Harbor	.08:30
June 1 - Saturday	☼00 Mile Swim Begins	.00:01
June 7 - Friday	☼Twilight Cove - Pot Luck & BBQ	.18:00
June 23 - Saturday	☼Crissy Field	.08:15
July 14 - Sunday	☼Bay Bridge (with South End)	.07:00
July 20 - Saturday	☼Tahoe Relay - Pot Luck & BBQ	TBA
August 3 - Saturday	☼Santa Cruz Pier	.11:00
August 10 - Saturday	☼Fort Point	.10:00
August 23 - Friday	☼Twilight - Pot Luck & BBQ	.18:00
September 8 - Sunday	Over 60 Cove/Introduction to Bay Swimming	.10:00
September 15 - Sunday	Golden Gate	.09:00
September 21 - Saturday	Handicap Cove	.09:00
October 5 - Saturday	☼Over 45 Gas House Cove	.08:00
October 12 - Saturday	Alcatraz	.11:00
October 20 - Sunday	Dolphin / South End Triathlon	TBA
October 27 - Sunday	Escape From Alcatraz Triathlon	.09:00
October 31 - Thursday	100 Miles Swim Ends	.23:59
November 9 - Saturday	Pilots and Swimmers Appreciation Dinner	.18:00
November 21 - Thursday	Thanksgiving Day Cove	.09:00
December 15 - Sunday	New Year's Alcatraz Qualifier / Holiday Party	.10:00
December 21 - Saturday	Polar Bear Swim Begins	.00:01
TBA	Crazy Cove	TBA

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commission.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

ADDITIONAL QUALIFICATIONS FOR ALCATRAZ AND GOLDEN GATE SWIMS

10. In-town members must successfully complete 2 swims marked with a wheel (☼) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, non-qualified members will be given priority in qualifying swims.

Dolphin Swimming &
Boating Club

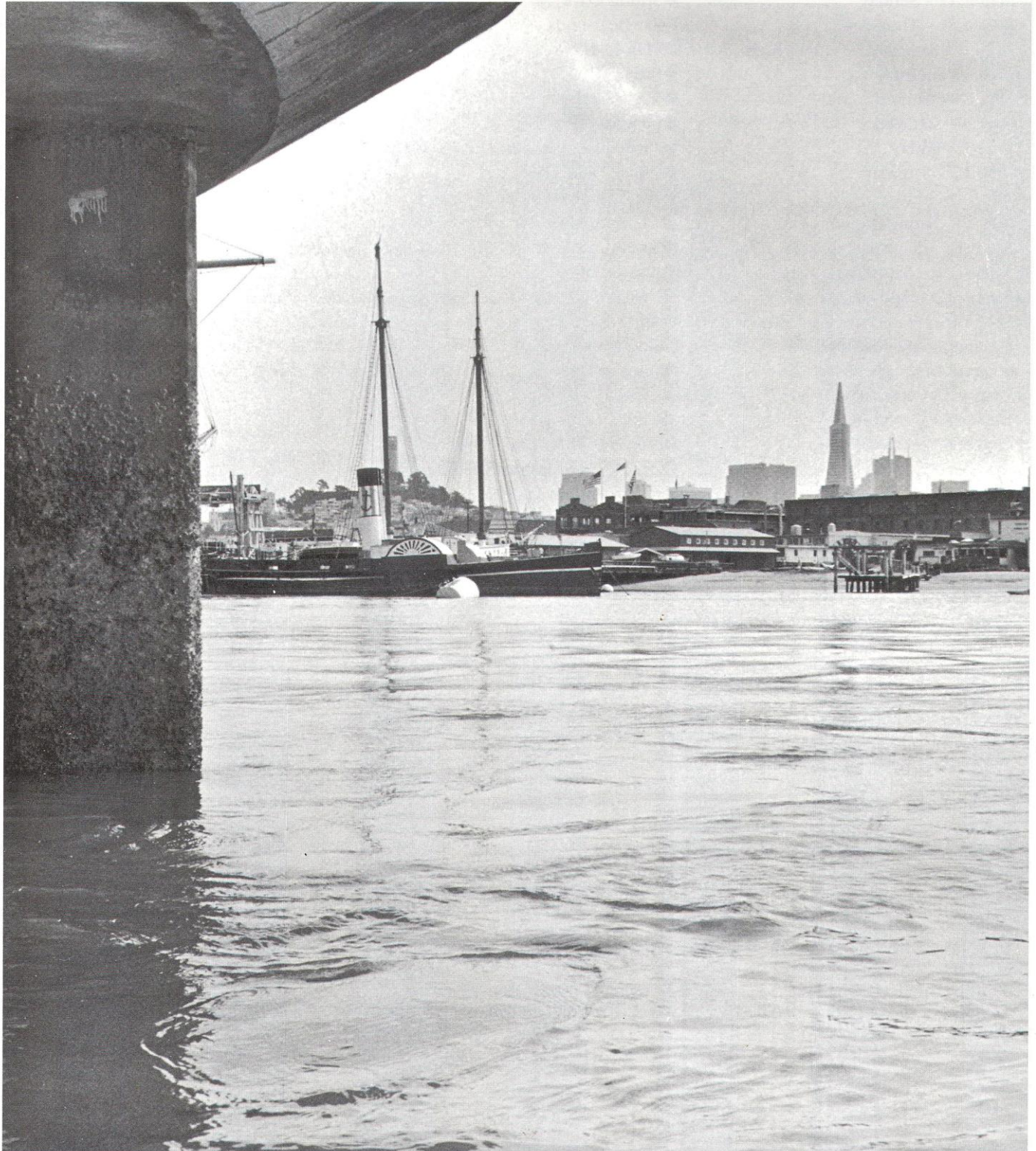
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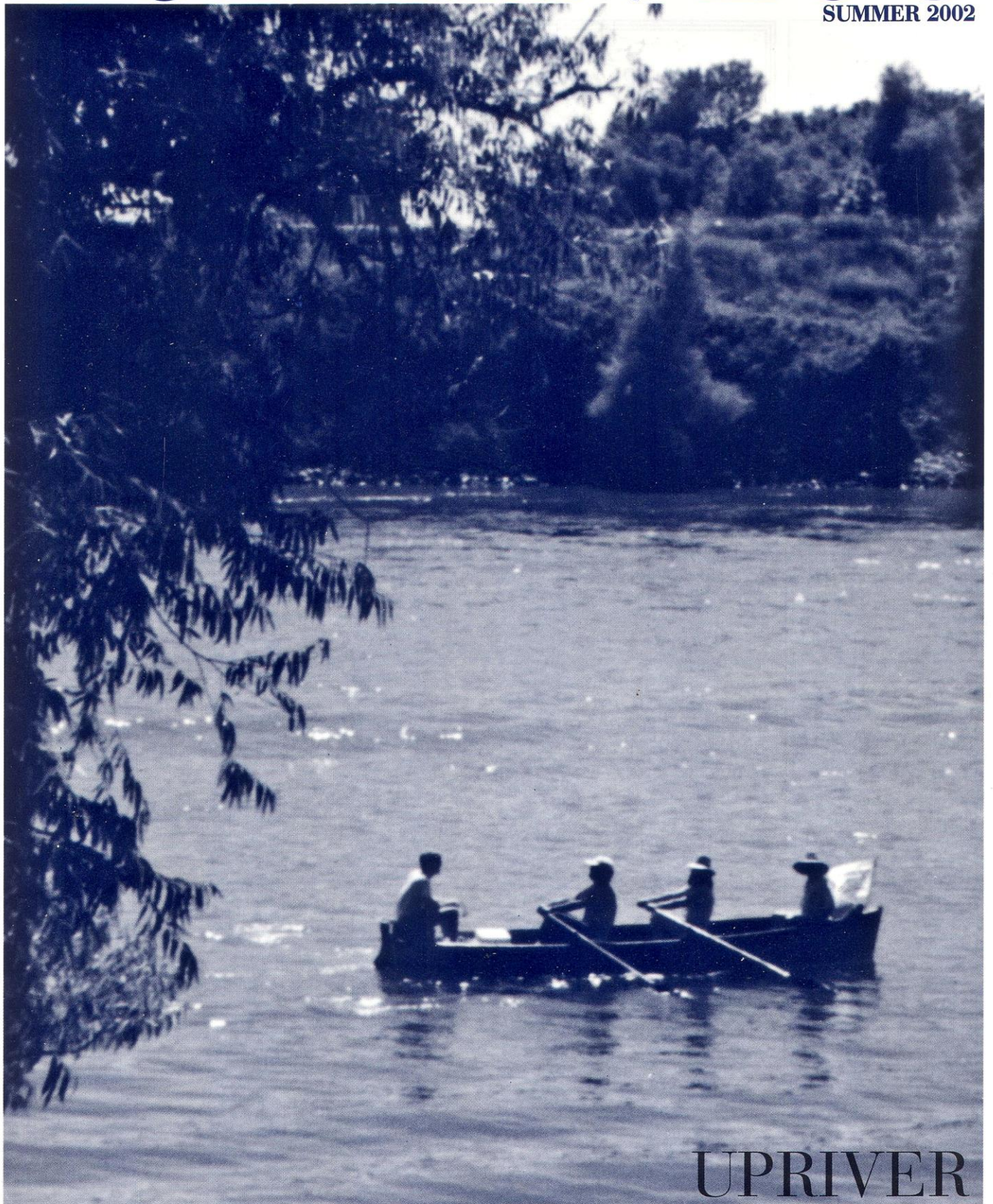


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SUMMER 2002



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An opportunity to support the long-term capital needs of your Club
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SAVE OCTOBER 20TH FOR THE DOLPHIN/SOUTH END TRIATHLON

On October 20th, the South End Club will host the annual interclub triathlon. Last year, the South Enders triumphed by a mere five points and took back the coveted plaque from the Dolphin Club. It was a bitter blow for the Club, which led from the beginning only to lose on participation points on the last event of the day—the Fort Point round trip.

Anthony DuComb will manage this year's effort to reclaim the plaque and its attendant honor. With the full support of our rowers, swimmers and runners, along with helpers and pilots, Anthony is prepared to lead the Blue and White team to victory. His plans cannot be fully revealed here.

Mark October 20th on your calendars. A great time is assured, and victory will only make the day sweeter.

THANKS

After nine successful and hardworking years, *Log* editor Matthew C. Sheridan is stepping back from day-to-day management of the *Log*. As his co-editors, we have found inspiration, humor and respect working at his side. From the time he started in 1993, he succeeded in making the *Log* both more cost and time efficient to produce. He helped attract a more varied group of writers and contributors. More importantly, he was a major force in evolving the magazine and giving it the style and voice it has today. As a result, he has done a great service to the preservation of Dolphin Club history. His positive influence on the *Log* will be lasting. Thank you again, Matthew.

- Chris Kelly and Sid Hollister

DOLPHIN CLUB FUND

I want to thank all Dolphin Club members who have contributed to the Dolphin Club Fund, which supports youth swimming programs in San Francisco for low income children. We were able to grant the Boys and Girls Clubs of San Francisco \$4,834 on July 2, 2002 for their youth swimming program.

The Boys and Girls Clubs of San Francisco operate 10 centers around the city, serving over 5000 children each year, and charge each of them only \$5 per year to enjoy the clubs all year round. At their Ernest Ingalls center on Page near Stanyan, they have a large swimming pool that is used only to provide lessons and swimming time for children from the lowest income families, in the Tenderloin, Hunters Point, the Mission, etc. They transport children from all the other centers to this one to participate.

General Membership Meeting:

SEPTEMBER
18th, 2002

Pursuant to the Dolphin Swimming and Boating Club's By-laws,
the Club will hold its annual general membership meeting

Wednesday, September 18th,
2002 at 7:00 PM.

The meeting will be held inside the Staib Room at the
Dolphin Club, 502 Jefferson Street, San Francisco, California.

HEALTH CLASS
WITH
JOAN MCKENNA
THURSDAY
EVENINGS IN
OCT AND NOV.

EMAIL OR CALL LARRY
WISCH FOR DETAILS
AT 415-647-8216
lwisch@pacbell.net

JOAN SPOKE AT THE CLUB
IN MAY AND IS A
RESEARCH PHYSIOLOGIST.

They have hundreds of children participate in the swim program each year. Our contribution to their program has made a big difference this year, since most corporate sponsors have discontinued their financial support. We will continue to support their efforts, and will look forward to ongoing support from our Dolphin Club members.

- John Theede, Dolphin Club Fund chairman

DOLPHINS CARRY SPECIAL TORCH

On a hot Wednesday, June 5, as the Dolphin Club's sponsored-runner, I met up with DC President Anthony DuComb (who paid his own entry fee) and a couple-hundred fine athletes to raise money for the Special Olympics. Sgt. Bob Guignan, the event organizer, and lots of law enforcement officers greeted us at the Fort Point start line. Our task: to run 15 miles through San Francisco, weaving from police station to police station. Motorized cable car accompaniment sported big banners proclaiming The Dolphin Club as a proud sponsor.

We were each afforded a brief opportunity to carry the Special Olympic Torch during the run. Our escorts and aid teams were comprised principally of good-looking and fit bicycle patrol personnel. They provided us at every turn with icy bottled water and plenty of encouragement.

At mile 13 we were greeted by numerous top brass of our City's finest, standing at attention atop the steps of the Hall of Justice. There, we collected the current class of recruits. Along with the Special Tactics team from the Mission Station, the recruits provided us with ample motivation and very cool military-style cadence.

We arrived at Justin Herman Plaza, mile 15 and our finish line, where we were met by then-Chief Fred Lau and a festive post-event feast.

As if all this wasn't reward enough, one of the Special Olympics athletes approached a very sweaty Anthony at the finish line and said "Thank you for running for me." It made those fifteen miles seem a lot less tiring.

- Ali Hall

SANCIMINOS FAMILY TIMES THREE

On Wednesday night, July 17, 2002, Kevin Sancimino, son of Steve, and Mike Sancimino, son of John, became enthusiastic new members of the Dolphin Club. With their membership, the Sanciminos joined the Bianuccis, Pinettis, de Cossios, and Landuccis as the only Dolphin families spanning three generations. Steve and Phil Sancimino are Life Members, as their father, Sal, was before them. Mary, Jim, and Tom will all become Life Members soon. John has been out of the Club for a few years, but plans to rejoin. The Sancimino family, as the room that bears their name testifies, has been a part of the larger Dolphin family for many years, and it looks like they will play a role in the future of the Club well into this new century.

- Sid Hollister



JIMMY CRONIN

By Walt Schneebeli

"A cheerful and bantering five foot four, Jimmy was friendly with just about everyone and for his almost 65 years as a Dolphin was a sparkplug of every important Club activity."

sked which Dolphin I remember most vividly since I joined the Club in 1948, I would, without hesitation, name James John Cronin. A cheerful and bantering five foot four, Jimmy was friendly with just about everyone and for his almost 65 years as a Dolphin was a sparkplug of every important Club activity.

Jimmy Cronin was born in San Francisco August 17, 1866, and attended city schools. While in school, he rose at dawn to take the reins of a two-wheeled, one-horse sulky and deliver the San Francisco *Chronicle*. Then with school done for the day, he swung up on a saddle horse and rode a delivery route for the old San Francisco *Report*. Once the *Report* folded, Jimmy spent the summer months in Sacramento working as a page in the California Senate.

Upon graduating from the City's Commerce High, Jimmy went to work in the sugar refining business, where he enjoyed a 54-year career. He retired, at age 72, as Director of Shipping for the Western Sugar Refinery.

Jimmy joined the Dolphin Club in May, 1891, with his schoolmate and friend, Charles "Pop" Farrell, another Dolphin of note who played a principal role in the development of today's Aquatic Park.

In 1896, at age 30, Jimmy married his childhood sweetheart, Sarah Kelly. Like him, she was the child of Irish immigrants. They settled in the Cole Valley neighborhood. With new responsibilities as husband and father, Jimmy gave up memberships in the Olympic Club, the Hibernians, and the Corinthian Yacht Club, and put all his social and athletic energies into the Dolphin Club. His two sons, James Jerome and Jack, in their turn, also joined the Club and became Dolphin Life Members.

Into his early 80s Jimmy still regularly rowed, an activity he enjoyed for over 60 years. During many of those decades, he served as an officer of both the Pacific Athletic Association (PAA) and the Pacific Association of Amateur Oarsmen (PAAO).

He also swam, completing the Club's first two Golden Gate Swims in 1917 and 1918 and served thereafter as the



Cronin 1910



Mrs. Gladys Hughes and Cronin, with potato

swim's official starter. Each year, after assuring the tense and eager swimmers that all would go well, he raised his starter's pistol to signal the start of the swim. And year after predictable year, the pistol fizzled, sputtered, and failed to fire, leaving Jimmy to fiddle with it, swearing he'd get it to work in a second or two, until some shivering soul shouted "Start!" and sent the swimmers on their way.

Jimmy made the convivial Hike and Dip from the Club to Ocean Beach for 62 consecutive years. He even played handball in the Club before any courts had been built, fashioning a makeshift court in the locker room by using a wall as the court's front surface and lockers as side walls,

and slapping around a tennis ball instead of a standard handball.

Jimmy Cronin became ill with pneumonia late in 1955 and passed away January 17, 1956. He was 89. A bright center to the Club had gone out.

I am indebted to the late Life Member, and my swimming partner, Harry Fields (1910-1980), for much of the material used in this article.



Ves Hendry

Row. S.F. to
Sacramento

Fri. Sept. 4, 1959
8:25 AM Departed
Dolgin Club.
Hi Water (Tide)
12.44 - 5.5

Passed W. end of
Alcatraz and E. end
Angel Isl.

Tail (w) wind -
Rough water.
11:30 AM Reached
S.R. Bridge.

Swapped cars
Ves Hendry -



The River

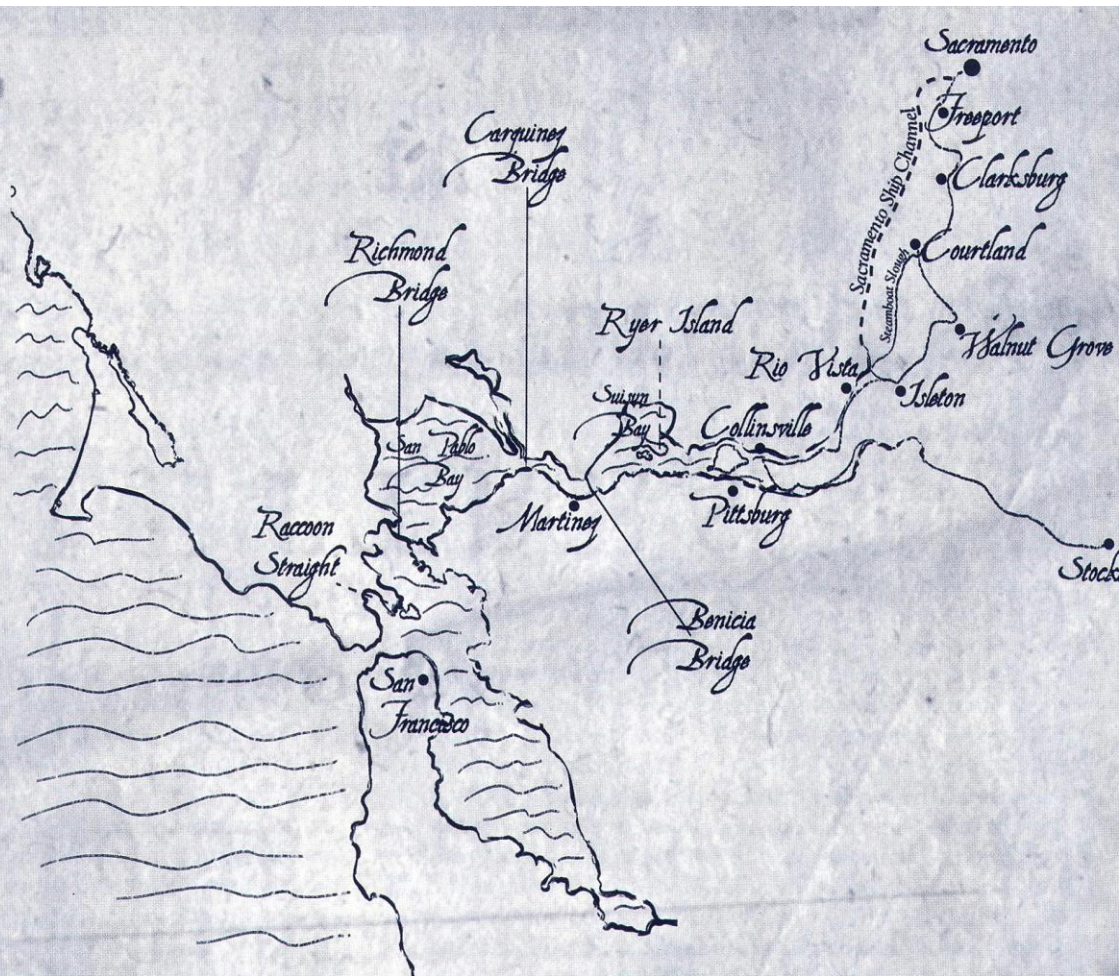
A SHORT HISTORY OF ROWING TO SACRAMENTO

By Sid Hollister

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above: Les Hendry, 1921
 left: Ed Curtis, 1959

F

or work, recreation, or to pocket some money at the end of a race, rowing has been part of San Francisco history since the 1850s. Dolphin Club rowers made a lot of this history. They excelled at shell racing right up to the 1950s. For a more relaxing day on the water, they launched a wooden whitehall and set out for a barbecue on a sheltered beach, a midday brunch on a sun-splashed deck, or a ball game at Candlestick.

In 1927, however, some might say that 30-year old Les Hendry went a bit overboard: he rowed from the Club up the San Joaquin River to Stockton, a "pleasure" cruise beyond any a Dolphin had yet taken. He enjoyed the excursion so much, he did it again the next year. Apparently, rowing a 200- to 300-pound wooden boat a hundred or so miles upriver from San Francisco did not strike other Dolphins as an enjoyable way to spend a few days. So, after several years of trying to find some rowing companions, and perhaps for other reasons, Les dropped out of the Dolphin Club in 1933. But he didn't drop the idea of doing epic upriver rows.

continued on page 10

SWIM COMMISSIONER'S REPORT

By Suzie Dods

Why participate in the swim program? Where do my swim fees go? Why should I sign up for swims? How can I be a part of the swim program? These are some of the most frequently asked questions that I have been asked in the past year and a half that I have been swim commissioner. I think that there are a myriad of reasons to participate in our swim program. First in my mind used to be...trinkets! I would also say that the opportunity to compete against yourself or others in an environment that constantly changes is another. This leads to another reason. Anyone might end up coming in under the flags to take stick #1. The Midsummer's Night Cove is another reason. Ask around, I think you will want to be around at the next one. Great food, good people, fabulous weather (we got lucky) and a nice little mini-triathlon to boot. The 100 Mile Swim, the Polar Bear and the Around the World Challenge are three more reasons to get involved. The swim program is also one more way that you can meet new people at the Club and reconnect with long time Dolphin friends in a safe and fun environment. We are able to swim, row, kayak and frolic in a world-famous venue. I hope that you will make this the year that you choose to join us. You are welcome.

What are swim fees and why do I have to pay them? Swim fees are fees that are separate from your dues. You do not receive a bill for them but rather pay them once a year, usually at your first swim of the season. Everyone who participates in a swim is required to pay swim fees. They are a very reasonable \$41 and cover the cost of donuts, bagels, trinkets and some transportation. The fees cover about 40% of swim costs. The only time you do not have to pay fees is for the Over 60 Cove. Everyone else please pay. The fees also cover awards such as Polar Bear blocks and ribbons.

Why do we ask that you sign up in advance for our swims? It helps us plan transportation, food, and awards. If you don't sign up, we don't know if you will be there! I know a lot of you but I can't keep in my head that "Mabel" and "Wilbur" told me that they would be at Pier 39 but they never signed up so I only ordered 35 trinkets and 50 people showed up. Or worse yet, we only had enough donuts for 24 people and not near enough coffee!! Conversely, if you do sign up please show up! Or let us know you can't make it. Life can get in the way of the Dolphin Club but we want to see you!

Sounds like fun...How do I participate? It's very easy. Sign up and be at the swim in time to register. If you have any questions, talk to me, leave me a note or call me at home.

**"I hope that you will
make this the year that
you choose to join us.
You are welcome."**

How can I help? I have been overwhelmed by everyone's generosity and helpfulness. The jobs that I find fun are 1) checking folks in (because you meet everyone), 2) cutting up donuts (I love donuts — don't you?), and 3) handing out trinkets. There is one job I really abhor and that is handing out sticks. (Nick Blum, Andrew Ferrero and Noah Zovickian are great). We will need help this summer in the kitchen and we always need timers and boat pullers. I also plan to include minor housekeeping tasks. Ask...I can find a job for you.

Keep going with the Around the World. We are now on our way to Japan. Please let me know if you have contributed miles.

We have a busy summer schedule. Check the bulletin board and stay informed. Call me with any questions. Please, I want to hear from you. This is your program — make it what you want. 🐬



PRESIDENT'S REPORT

By Anthony W. DuComb

Just How Safe Are We?

In the President's Report for the Spring, 2002, issue of the Dolphin Log, the 125th anniversary of the Club was celebrated by recognizing that the early members were "...not unlike so many of the immigrant workmen of the day,... seeking a haven to exercise and relax." We present-day Dolphins desire the same from the Club — a special place to swim, row and otherwise exercise and obtain a respite from the stresses and activities of the rest of our lives. Yet, even as the Spring issue went to press, we were challenged anew to redefine just how much risk, individually and collectively, we are willing to take to continue our usual Club activities. When we joined the Dolphin Club, the inherent dangers of open water swimming and rowing were made clear to us all. In addition, we were all required to sign the Dolphin Club Waiver. (See full text on this page.) Similar to the waiver used at the South End Club and by many other athletic clubs and organizations, the waiver essentially reflects each member's understanding and agreement to hold the Dolphin Club harmless in the event of injury or death while participating in athletic activities at the Club.

Over the years, the leadership of the Club has not simply relied upon the waiver to protect the interests of the Club and its members. Other safeguards have also been put into place. Rowing training is required of all who desire to row or kayak. New members may not participate in swims until they have been members for at least six months. Swimmers participating in Swim Program events are protected with pilot coverage. For long swims, experienced swimmers and pilots do test swims before the actual event. Dense fog and heavy surf or wind have caused planned swims to be cancelled. In short, the Club has attempted to make the swims and rows as safe as possible.

While the safety and security of members must be foremost in the minds of all, it would be irresponsible to fail to protect the Club itself. Consequently, for many years, insurance has been purchased to cover the buildings and the fleet. Additional liability and workers' compensation insurance are also part of the Club's insurance coverage. Finally, board members and other appointed commissioners are provided with coverage to protect them from the risk of a lawsuit resulting from their activities and actions on behalf of the Club, as are all officers of nonprofits in California. All of this insurance is regularly reviewed and the coverage is frequently adjusted.

For many years the Club's package of insurance coverage was thought to be adequate, but times have changed since 1877, and again in the last few years. Early this year, after much discussion, the Board authorized the

Dolphin Swimming & Boating Club

502 Jefferson Street • Aquatic Park • San Francisco, California 94109 • 415/441-9329

WAIVER, INDEMNIFICATION AND RELEASE FROM LIABILITY

IN CONSIDERATION of being permitted to enter the Dolphin Swimming and Boating Club ("the club"), or to enter or use any club facility, property, or equipment for any purpose including without limitation observation, use of facilities or equipment, swimming or boating in or on San Francisco Bay, participation in any event or participation in any other way (collectively, "activities"), I have executed and delivered this waiver, indemnification and release, and I agree on behalf of myself, my spouse and relatives, my executors, administrators, heirs, successors and assigns to be legally bound by the terms hereof.

IN FURTHER CONSIDERATION of the activities, I represent that I have, or prior to engaging in any activities I agree to:

1. inspect all club facilities, club equipment and other conditions that may in any way affect the activities in which I engage;

2. read, understand and abide by all warnings, rules and instructions posted in the club or otherwise delivered to me;

3. independently investigate, consult my own independent competent sources regarding, and be adequately informed of, prepared for and competent to safely handle all risks associated with the activities in which I engage;

4. AND I HEREBY DO ASSUME ALL RISKS OF ANY AND ALL ACTIVITIES IN WHICH I ENGAGE, AND I UNDERTAKE SOLE RESPONSIBILITY FOR TAKING ALL APPROPRIATE SAFETY MEASURES IN CONNECTION WITH ALL SUCH ACTIVITIES; AND

5. consult my physician or take such other steps necessary to ascertain that I am physically fit and capable of safely completing all activities in which I engage.

IN FURTHER CONSIDERATION of the activities, I:

A. certify that I am physically fit and otherwise capable to successfully engage in and complete all activities in which I engage or intend to engage;

B. on behalf of myself, my spouse and children, my other relatives, my executors, administrators, heirs, successors, and assigns:

(i) hereby WAIVE, RELEASE AND DISCHARGE ANY AND ALL RIGHTS AND CLAIMS, AND AGREE NOT TO SUE for my death, disability (emotional, mental and physical), personal injury, property damage, property theft, or for any claim or action of any kind which may hereafter accrue to me, arising directly or indirectly out of or in connection with any activity in which I engage, including by way of illustration but not limitation my participation in Bay swimming and/or boating as a swimmer, spectator, rower or in any other capacity, THE FOLLOWING ENTITIES: The Dolphin Swimming and Boating Club, the City and County of San Francisco, the insurance carriers of either, and the officers, directors, commissioners, assistants, members, employees, representatives, agents and volunteers of all of the above (collectively, "the releasees"); and

(ii) hereby agree to INDEMNIFY, DEFEND AND HOLD HARMLESS the releasees from any and all costs, liabilities or claims, including attorneys' fees (a) made or asserted by me or for my benefit; (b) made or asserted by any third party arising out of or in connection with my activities including without limitation those described in paragraph (i) above; and (c) otherwise incurred by releasees arising out of my activities or the matters described in (A) or (B) above.

This release extends to all claims of every kind and nature whatsoever, whether known or unknown, now existing or hereafter arising AND WHETHER ARISING FROM THE NEGLIGENCE OF ANY RELEASEE and I expressly waive on behalf of myself, my spouse and relatives, my executors, administrators, heirs, successors and assigns any benefits I or they may otherwise have under Section 1542 of the Civil Code of California relating to the release of unknown claims.

I hereby consent to receive medical treatment in the event of my injury, accident and/or illness occurring during or as a result of my activities. I understand that no such treatment is offered by any releasee and that such treatment is not generally available. I agree that the rendering of such treatment does not constitute a commitment to give or to continue to administer same. I understand and agree that persons who may administer such treatment may not be qualified to do so and that all such persons are releasees covered by the terms hereof. I agree to pay for any emergency or other medical services retained by any releasee on my behalf.

I HAVE READ, UNDERSTAND AND ASSUME THE RISKS OF THE FOLLOWING:

• Even for the most conditioned athlete, swimming and boating in San Francisco Bay, including without limitation Aquatic Park, is an extreme test of a person's physical and mental limits and carries with it the potential for hypothermia, death, serious injury and property loss.

• I am aware of the life-threatening weather and other conditions that may occur in the Bay or Aquatic Park at any time including without limitation: very cold water which can result in death in minutes; dense fog; strong currents; pounding surf; floating debris; submerged objects; treacherous sharks; marine life; boats and other machinery or equipment in the water.

• THERE IS NO LIFEGUARD ON DUTY AND MY ACTIVITIES ARE COMPLETELY UNSUPERVISED.

I hereby certify that I am 18 years of age or older and that I HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONTENTS.


Signature

Print name

Date

The Fine Print

President to explore other ways to increase the coverage that protects us all. The most timely and feasible solution that was found was coverage in the amount of \$1 million for our Club swims under the auspices of Pacific Masters Swimming (PMS). Accordingly, to qualify for this coverage, all participants in Swim Program swims must be members of PMS. The fee of \$25 dollars is modest, and for this year is being paid for by the Club for those who request to be relieved of the expense. In the meanwhile, the Board and its President continue to seek similar coverage for rowing events by an association with a national rowing organization or with our insurance carrier.

What have these past months taught us? The risk of swimming and rowing remains, but it is a risk that we all decided to live with when we joined the Dolphin Club. It is a risk that we each decide to take anew every time we jump into the cold water or launch a boat. It is also a risk that each of us must work diligently to minimize by putting our own safety and the safety of other Dolphins first. With steady and responsible effort, the risk can be controlled and the Club's programs can continue. 

Northall Fleet.
 Ship Sounding and
 board at Pt. Edith.
 At Diablo.
 Some baling needed.
 Good approx 67 Knots
 LPh. Stake Pt.
 getting into sewing
 things.

Edith Junction of
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 farm. Strong Tail wind.
 high water at tides.

30 M winds and
 currents favoring.

1975

left: Joe Weiss
 below: Ed de Cossio Sr., Les Hendry and Joe Weiss
 above: Bill Walden and Ed de Cossio Sr., 1975



Decosio has not
 Ph. Carquinez Bridge



left: Ed de Cossio Sr.
and Les Hendry

continued from page 7

In 1955, at the age of 59, Les became a Dolphin again, apparently for the sole purpose of rowing to Sacramento, a challenge to any seasoned boatman of the day. A thoughtful and thorough planner, he checked out the route first in a power boat, exploring the sloughs, checking currents and winds, noting the effects of the tides, and, no doubt, keeping track of the best swimming holes. Respite from the heat would surely come in handy. One day in September, he set out.

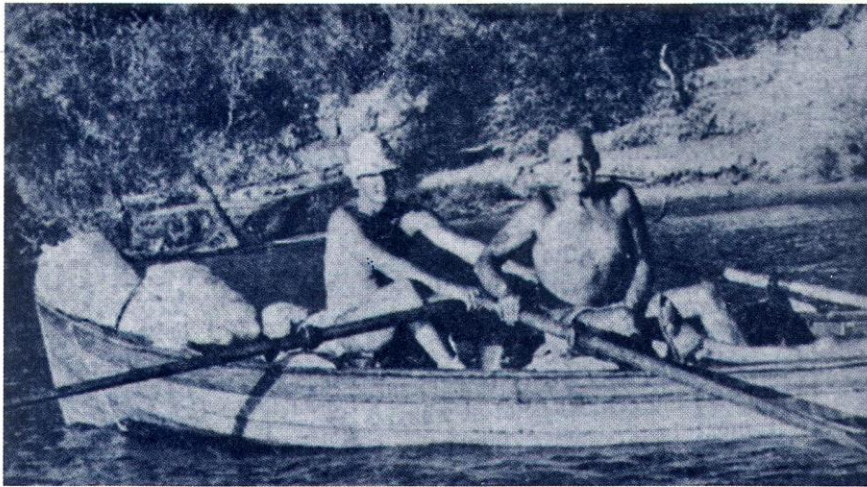
At the oars seven hours a day for seven days, he timed his 105-mile journey to arrive in the state capital on the weekend of the Sacramento Yacht Club's annual regatta and the opening of the State Fair, both big social events. His feat was celebrated at the Yacht Club in high style.

By the next autumn, Hendry had found another Dolphin who shared his love for long rows: Ed de Cossio, Sr. As Ed de Cossio, Jr., recalls, they were as different as night and day, which is why, perhaps, they became such good friends. Each brought different strengths to their venture.

Les, a career customs officer who was easy-going and mild-mannered — a gentleman, you might say — was the planner, and kept scrupulously detailed notes, charts, and maps.

Ed de Cossio, Sr., a longshoreman and ten years younger than Les, was a doer: he learned about the river by rowing it. As Ed, Jr., remembers him, his father took great pride in his physical strength and stamina, like a lot of men he worked with on the waterfront. Rarely did he speak of his accomplishments, including his much-admired skill at ballroom dancing, the only activity he loved more than rowing. Ed, Sr., provided the muscle power to go with Les's planning by using the only technique that ever mattered to him: he pulled as hard as he could on every stroke.

For their first row, they took a double, the Hughes. Ed rowed all the way on one set of oars, which he did on every Sacramento row he would do for the next consecutive twenty years. On the other set, Les and 18-year-old Joe Danielli took turns, as Les did with other Dolphin part-



Ed de Cossio Jr. and Ed de Cossio Sr., 1966

ners on nearly half of those twenty rows. Among those getting their share of blisters, sore muscles, and pride pulling on that second set were Ed de Cossio, Jr., his brother George, Walt Stack, Bill Walden, Joe Weiss, Ed Curtis, Al Burke and Mack McCaleb. (See list on page 14.) Except for Ed, Sr.'s sons and grandson, all these rowers were in their forties or fifties, or older. They were a colorful and varied group.

Joe Weiss, for example, had little use for Ed, Sr.'s "technique," considering it the antithesis of the shell rowing that, for him, was the only real rowing. Even so, Joe twice went upriver to Sacramento with Ed, Sr., fitting it into his regular routine of shell rowing, swimming and hiking. He loved any outdoor activity, Walt Schneebeli remembers, and hiked often with another upriver rower, Ed Curtis.

An avid hiker, Ed shared with Joe a concern for the environment at a time when few people cared about such things. Ed was a San Francisco police officer, though meeting him for the first time one would never guess it, Walt recalls. Friendly and easy going, and as much the gentleman as Les Hendry, he was the department's judo instructor and a skilled gymnast. He was also a smooth and strong rower. Decades after Ed did the 1959 Sacramento row, the log he kept of that journey sparked renewed interest in doing the upriver row again.

Although many other Dolphins were part of those Sacramento rows, it was Ed de Cossio, Sr., who kept the journey on course year after year — for twenty years.

Ed was born in 1906 in Arequipa, Peru. In 1911, Ed's family moved to Callao, which then was an attractive residential area, a far cry from the busy port city of Lima it is today. As a young man Ed was drawn to the sea, enjoying both rowing and open water swimming. Hearing tales of New York, San Francisco, and other ports in the United States from a relative in the merchant marine, he persuaded his father, an importer-exporter, to pay his passage north. His father agreed, but only if Ed didn't go to New York, about which his father had also heard tales, most of them bad. So, in 1928, Ed came to San Francisco, where

he eventually found on the waterfront work that was perfectly suited to someone who could never tolerate a desk job. Sooner or later, as happens to many Bay Area swimmers and rowers, he discovered the Dolphin Club and quickly joined.

In the 50s and 60s, people never thought of rowing a heavy wooden boat to Sacramento or Stockton. That was too much like work; whitehalls were used for pleasure, like trips to Sausalito or Angel Island. Moreover, racing sleek shells remained the big attraction for serious rowers at the Club and around the Bay.

Besides, no one from the Bay Area wanted to go to Sacramento forty or fifty years ago. It was still a "cow town," except for the State Fair, which, though its focus was agriculture, drew from around the state thousands of people from all walks of life. Getting there by car was a hassle, since much of the freeway system had yet to be built. Getting there by rowing a wooden boat some one hundred miles was downright ridiculous.

That is probably why a longshoreman and a customs officer, two men whose work involved the water and ships, were drawn to doing the row in the first place. Both Les and Ed, Sr., also liked a challenge, and rowing to Sacramento in a wooden boat gave them one. They were, in a way, throwbacks to the days when whitehall rowers, alerted by spotters on Telegraph Hill, raced out of the Bay to reach ships approaching the Gate, the winner landing the contract to supply the ship with everything it needed.

Today Sacramento's freeways are as congested as the Bay Area's and the capital enjoys an active art and cultural life. But it was not Sacramento's new metropolitan charm that reinvigorated rowing to the capital from San Francisco. It was a small, handwritten notebook that Ed Curtis brought to a Tuesday boat night in the Spring of 1992. The notebook was Ed's log of the Sacramento row that he did with Ed de Cossio, Sr., and Les Hendry in 1959. As Jon Bielinski remembers it, "It got some people excited about doing the row again."

Maybe it was a log entry like this one that hooked them: "The shoreline is in darkness under the beauty of the night sky. Day begins to dawn. The river becomes more winding. Early morning bird calls. Roosters cry. Day breaks. Fishermen appear along the shore. No resting on the oars now. Progress steady but slow." In the fall, Jon, Brian Huse and Ed de Cossio, Jr., did the row, starting an annual event that this year will mark its 10th anniversary.

With so many athletes today entering triathlons, quadruple Dipseas, 100-mile runs, and swims across just about every known strait and channel, rowing up to Sacramento might seem to be a breeze. Well, there is almost always a breeze through the Delta, but it's the currents that can either bedevil or befriend the rowers. They

“The shoreline is in darkness under the beauty of the night sky. Day begins to dawn. The river becomes more winding. Early morning bird calls. Roosters cry. Day breaks. Fishermen appear along the shore. No resting on the oars now. Progress steady but slow.”

might be rowing against a finishing ebb on leaving San Francisco but pick up a ride on a rip-roaring flood current through the Carquinez Straits right up to the end of day one at the beginning of the river near Rio Vista. Then, the rowers pull days two and three with the benefit of whatever tidal current there is, seeking out easier going in the sloughs whenever ebb and river flow team up against them. In late summer or early fall, when the row is usually done, the heat, in spite of any wind, can bake the hardest rower to the bone. Food, water (and other liquids) transport for boats and rowers back to the Club at journey's end are all details that must be seen to. The excitement generated by the rows in the first few years after 1992 was infectious, in both a good and a bad sense.


“In 1995,” Jon recalls, we had five boats, and it was a nightmare. With six or eight people and a couple of boats, you can stop over for the night just about anywhere. With the 18 people we had that year, it was a different ball game.” As Les Hendry and Ed de Cossio, Sr., well knew, two boats work best: they can keep track of each other without difficulty and it's easier to get rowers whose capacities and abilities are evenly matched. Two of those capable and able rowers in 1993 were Deb Henning and Deb Conti, the first Dolphin women to do the upriver row. Since then, women have been at the oars on almost every Sacramento trip.

Having only a few boats also makes it easier to put together crews of people who get along. “After all,” Jon cautions, “the Sacramento row puts you in an 18-foot boat with two other people for three or four days. You've got to get along.” If you don't, the rowing can be a pain in more than just your shoulders.

Every year, one or two new rowers join the more experienced Dolphins for the long haul, but it takes some persistence to be included. The rowers have to know their strengths and capacities, and should have done some longer rows — to Tiburon, Sausalito, Alameda — especially during the hot fall months. It also helps to talk with

more experienced rowers about the Sacramento trip. Becoming part of the river row is a bit like the row itself: they both take persistence and determination. As Ed de Cossio, Jr., recalls, those are qualities his dad and Les Hendry had in abundance.

Special thanks to Ed de Cossio, Jr., and Jon Bielinski for their assistance in researching this article.

(See Susanne Friedrich's "Sacramento Log" at www.dolphinclub.org. Two other articles on the modern upriver rows have appeared in the Log: John Kortum's "Millennial Row," Winter, 2001; and Eric Hansen's "Dolphins in the Delta," Spring, 1993.) 



The modern-age, 1990s

ED DE COSSIO, SR.'S 20 CONSECUTIVE SACRAMENTO ROWS AND ONE ROW TO STOCKTON

YEAR	BOAT	ROWERS
1956	<i>Hughes</i> – Double	Les Hendry (60 years old) Ed de Cossio, Sr. (50 years old) Joe Danielli (18 years old) Les Hendry and Joe Danielli switched every two hours. Ed rowed all the way, as he did on every row.
1957	<i>Farrell</i> – Double	Les Hendry, Ed de Cossio, Sr., Ed de Cossio, Jr. (17) Les and Ed, Jr. switched every two yours.
1958	<i>Farrell</i>	Les Hendry, Ed de Cossio, Sr., Joe Weiss Les and Joe Weiss switched every two hours.
1959	<i>Farrell</i>	Les Hendry, Ed, Sr., Ed Curtis
1960	<i>Baggiani</i> – Single	Ed, de Cossio, Sr. (60 hours rowing time.) He took along his son, George, who was 12.
1961	Boat #1 – <i>Hughes</i> Boat #2 – <i>Farrell</i>	Les Hendry, Ed, Sr., Joe Weiss Bob Farrell, Don Warto, Dick Inglehard
1962	<i>Hughes</i>	Ed, Sr., Ed, Jr., and George de Cossio, 14, who mostly steered the boat.
1963	A double	Les Hendry, Ed, Sr., Ed Curtis
1964	<i>Hughes</i>	Ed, Sr., George de Cossio (15), David Papke (16)
1965	<i>Baggiani</i> – Single	Ed, Sr., George de Cossio
1966	<i>Hughes</i>	Ed, Sr. (35 hours rowing time), Ed, Jr., Walt Stack
1967	A double	Les Hendry, Ed, Sr. Rowed ship channel into Sacramento.
1968	A single <i>Foster</i> – Single	Les Hendry (68) Ed, Sr. (62) left Dolphin Club two days later.
1969	<i>Landucci</i> – Single	Ed de Cossio, Sr.
1970	<i>Hughes</i>	Ed, Sr. and Ed, Jr. Earlier in the year, Ed, Sr fell 35 feet into a ship's hatch, almost losing a leg. He was lucky to make this trip.
1971	A double	Ed, Sr., and George de Cossio
1972	A double	Ed, Sr., Ed, Jr., and Ed, Sr.'s 10 year old grandson, Joe
1973	A single	Ed, Sr.
1974	<i>Hughes</i>	Ed, Sr., Al Burke, Mack McCaleb
1975	<i>Farrell</i>	Ed, Sr. and Bill Walden
1963	<i>Hughes</i>	Stockton – Les Hendry, Ed de Cossio, Sr., Ed de Cossio, Jr., and George de Cossio, 14, who steered.

DOLPHIN SWIM STATISTICS



Artigues and Hechanova in the sun



Ted Tilles and friends

SPRING COVE MARCH 17, 2002 LONG COURSE

1. Adam Engelskirchen .16.38
2. John Selmer16.58
3. Si Bunting17.00
4. Liam Hennessey . . .17.32
5. David Rich19.56
6. Larry Scroggins20.59
- Pat McGarvey20.59
8. Rebecca Tilley21.07
9. Mary Ott21.27
10. Kate Coleman21.42
11. Joe Illick22.00
12. Mary Alex22.21
13. Suzie Dods23.40
14. Susan Cobb25.12
15. Anthony duComb . .27.12
- Roger Klieid27.12
17. Hal Offen29.23
18. Sue Garfield29.38
19. Larry Wisch31.10
20. Tom Kernan33.10

SHORT COURSE

1. Dan Osborne17.11
2. Greg Hicks22.09
3. Debbie Rose26.20

SHORTER COURSE YET

1. Era Osibe19.11

HELPERS: Susan Allen,
Si Bunting, Jim Fagan, Sue

Garfield, Ray Hassan, Greg
Hicks, Sid Hollister, Joe Illick,
Laura Merkl, Pat McGarvey,
Jackie Merovich, Mary Ott, Phil
Rollins, Matthew Sheridan,
Monica Towers

PIER 43 APRIL 6, 2002 CONDITIONS: STRONG BREEZE, OVERCAST, WEAK EBB

1. Si Bunting18.27
2. Duke Dahlin19.29
3. Peter Drino20.38
4. Margaret Keenan . .20.42
5. Ted Tilles22.16
6. Larry Scroggins . . .22.28
7. Conrad22.58
- von Blankenberg
8. Neal Powers23.02
9. Bill Ste nder23.08
10. Eric Schackleford . .23.12
11. Mary Alex23.50
12. Tom Kuglen24.40
13. Sondra Vitols25.20
14. Susan Cobb25.40
15. Peter Neubauer . . .25.53
16. Ken Coren26.45
17. Adam Goldberg . . .26.47
18. Hal Offen27.38
19. Tom Bishop27.41
20. Roger Kleid29.27

21. Dolores Meehan . . .29.40
22. Larry Wisch30.43
23. Noel Frelicot32.50
24. Sara McCuskey . . .34.00
25. Pavla Podolska . . .40.00

HELPERS: Susan Allen, Pete Bianucci, Tom Bishop, Paul Brady,
Si Bunting, Duke Dahlin, Suzie Dods, Anthony duComb, Peter
Drino, Andrew Ferrero, Joe Ferrero, Noel Frelicot, Sue Garfield,
Sid Hollister, Margaret Keenan, Jennifer Lamers, Sarah McCuskey,
Pat McGarvey, Lorna Newlin, John Ottersberg, Neal Powers, Phil
Rollins, Dan Osborne, Mimi Osborne, Pavla Podolska, Larry
Scroggins, Ted Tilles, Keith Weaver, Larry Wisch,

PILOTS: Marcus Auerbuch, Sebastian Behrent, Jon Bielinski, Paul
Brady, Suzie Dods, Anthony duComb, Tom Keller, Candace Kelly,
Phil Kohlenberg, Susan Lauritzen, Jackie Merovich, Dan Osborne,
John Ottersberg, Al de la Pena, Phil Rollins, Phil Scarborough,

2001-2002 POLAR BEAR

1. Ralph Wenzel180 (virgin)
2. Joe Illick115
3. Suzie Dods105
- Tom Keller105
5. Laura Merkl103
6. Hugh Kim89
7. John Ottersberg83
8. Phil Scarborough82
9. Scott Haskins78
10. Peter Condi68
11. Krist Jake63
12. John Theede61
13. Peter McLaughlin . . .60
14. Vic Pizarro57

15. Drew Sullivan	.56
Adam Goldberg	.56 (virgin)
John Selmer	.56
18. Pavla Podolska	.54
19. Mary Alex	.52 (virgin)
Neal Powers	.52
21. Vince Huang	.50.75
22. Rey Hassan	.50
Ted Tilles	.50
Peter Drino	.50
25. Liam Hennessy	.47
26. Candace Kelly	.46.5
27. Dan Taffe	.46 (virgin)
28. Duke Dahlin	.46
29. Hal Offen	.45.75 (virgin)
30. John Dugan	.44
George Robin	.44
Mark McKee	.44
33. Carter Seddon	.43.75
Tom Hoffman	.43.75
Suny McKee	.43.75
36. John Pelka	.43.5
37. Si Bunting	.42.75
38. Michael Lord	.42.25
Rebecca Tilly	.42.25
40. Phil Kohlenberg	.42
Steve Worthington	.42
42. Lee Hammack	.41.75
43. Larry Scoggins	.41.5
44. Mimi Osborne	.41
Sue Garfield	.41
Jerry Cullen	.41
Jon Nakamura	.41
Susan Cobb	.41
49. LizAnn Schiff	.40.5
Jackie Merovich	.40.5
Anthony DuComb	.40.5
52. C. von Blankenberg	.40.25
Dan Osborne	.40.25
Mary Cantini	.40.25
Tom Kuglen	.40.25
Alan Budenz	.40.25
Leslie Callan	.40.25
Mary Cantini	.40.25
59. Mary Ott	.40
David Rich	.40
Tom McGraw	.40
Mickey Lavelle	.40
Mara Iaconi	.40
Laura Burtch	.40
Adam Engleskirchen	.40
Becky Fenson	.40
Steve North	.40
Dave Zovickian	.40
Sid Hollister	.40 (virgin)
Trish Miller	.40

OLD GOATS

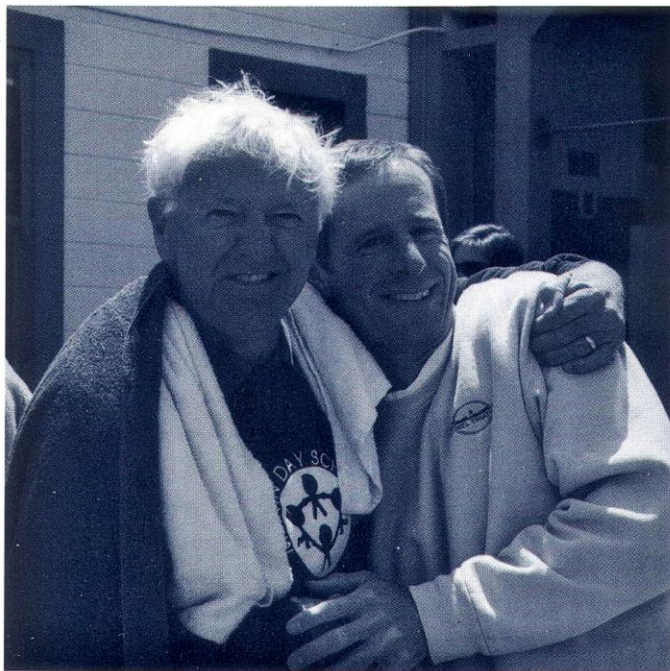
Keith Weaver	.27
Don Reid	.22.25
Ray Artigues	.20.25



Leaving for Sacramento, 1994

PIER 39 MAY 5, 2002

1. Scott Haskins	.23.40	35. Joe Cowan	.38.51
2. John Ottersberg	.23.51	36. Leslie Callan	.39.35
3. Laura Burtch	.26.00	37. Susan Lauritzen	.40.52
4. Si Bunting	.26.14	38. Larry Wisch	.41.05
5. Phil Scarborough	.27.25	39. Debbie Rose	.43.05
6. Marla McGowan	.27.37	40. Will Powning	.44.00
7. David Rich	.27.40	41. Era Osibe	.44.35
8. Alan Budenz	.28.31	42. Dennis Williams	.45.17
9. Laura Merkl	.29.05	43. Linda Spence	.45.25
10. Joanne Desmond	.30.02	44. Noel Frelicot	.45.35
11. Elmer Tosta	.31.02	45. Pavla Podolska	.53.10
12. Miles Smith	.31.12		
13. Todd Oppenheimer	.31.22	HELPERS: Alan Budenz, Ken	
14. Joe Illick	.31.26	Coren, Duke Dahlin, Rudy	
15. Kate Coleman	.31.44	Demay, Noel Frelicot, Sue	
16. C. von Blankenberg	.31.48	Garfield, Adam Goldberg, Liam	
17. Neal Powers	.32.10	Hennessy, Sid Hollister, Vince	
18. Signe Curtis	.32.11	Huang, Joe Illick, Pat	
19. Bill Hadley	.32.17	McGarvey, Bob Mittelstadt,	
20. Bill Stender	.32.18	Lorna Newlin, Mimi Osborne,	
21. Hugh Kim	.32.31	Pavla Podolska, Camille Rich,	
22. Krist Jake	.32.32	Phil Rollins, Ralph Wenzel,	
23. Eric Shackelford	.33.01	Larry Wisch	
24. Gina Russ	.33.15	PILOTS: Ray Artigues, Pete	
25. Mary Alex	.33.48	Bianucci, Susan Cobb, Duke	
Adam Goldberg	.33.48	Dahlin, Peter Darlington, Ed	
27. Joe Ferrero	.34.24	DeCossio, Suzie Dods,	
28. Sandra Vitols	.35.29	Anthony DuComb, Jim Fagan,	
29. Robin Rome	.35.30	Phil Fernandez, Colin Gift,	
30. Trish Miller	.36.02	Lee Hammack, Liam Hennessy,	
31. Ken Coren	.36.11	Phil Kohlenberg, Candace	
32. Jerry Cullen	.36.59	Kelly, Jennifer Lamers, Jan	
33. Susan Garfield	.37.54	Marston, Jon Nakamura,	
34. Rey Hassan	.38.35	Dan Osborne, Al de la Pena,	
		George Robin, Emily Roth,	
		Noel Turner, Bob Swin,	



Jim Grant and Mark McKee, 2001



Rio Vista on the way upriver, 1994

Steve Worthington, Dave Zovickian

YACHT HARBOR MAY 25, 2002

1. Suzanne Heim26.31
2. Todd Walsh28.08
3. Scott Haskins28.42
4. Si Bunting29.30
5. Candace Kelly29.42
6. Ralph Wenzel29.42
7. Duke Dahlin30.44
8. Phil Scarborough . . .30.55
9. Nick Simpson31.15
10. Cathy Huang31.24
11. Margaret Keenan . . .32.15
12. Ali Hall32.26
13. Phil Rollins32.34
14. Signe Curtis33.10
15. Kate Coleman33.15
16. Vince Huang33.41
17. Ted Tillis33.42
18. Rebecca Tilley33.44
19. Neal Powers33.52
20. Joe Illick33.58
21. Gina Rus34.00
22. Hugh Kim34.05
23. Krist Jake34.16
24. George Buffington . .34.16
25. Mark McKee34.45
26. Miles Smith34.52
27. Keith Nelson35.00
28. Larry Scroggins35.10
29. Mary Alex35.13
30. Joe Ferraro35.43
31. Robin Rome36.15

32. Trish Miller37.40
33. Jackie Marovich37.56
34. Barry Christian39.22
35. Tom Bishop39.22
36. Jerry Cullen39.45
37. Lee Hammack39.50
38. Cecilia Minalga40.39
39. Joe Cowan40.45
40. Anthony DuComb . . .41.18
41. Hal Offen42.20
42. Susan Lauritzen42.26
43. Larry Wisch43.00
44. Steve Lathram43.03
45. Mary Cantini43.05
46. Will Powning43.13
47. Era Osibe43.44
48. Debbie Rose45.23
49. Sarah McCusky46.52
50. Ed deCasio47.05
51. Pavla Podolska52.18
52. David Broadbear . . .55.00

HELPERS: Kate Coleman, Suzie Dods, Duke Dahlin, Rudy DeMay, Andrew Ferrero, Ali Hall, Scott Haskins, Suzanne Heim, Joe Illick, Jennifer Lamers, Pat McGarvey, Mark McKee, Laura Merkl, Trish Miller, Lorna Newlin, Hal Offen, Dan Osborne, Mimi Osborne, Pavla Podolska, Phil Rollins, Drew Sullivan, Rebecca Tilley, Elmer Tosta, Todd Walsh

PILOTS: Susan Allen, Ray

Artigues, Marcus Auerbuch, Jon Bielinski, Pete Bianucci, Peter Darlington, Ed DeCossio, Peter Drino, Paul Duboise, Jim Fagan, Keith Foxe, Nancy Hoffman, Phil Kohlenberg, Toby Kohlenberg, Jennifer Lamers, Mickey Lavelle, Harry Louie, Jay Marston, Dan McGill, Todd Oppenheimer, Dan Osborne, John Otterberg, Al de la Pena, George Robin, Drew Sullivan, Steve Townsend, Noel Turner, Keith Weaver

CRISSEY FIELD JUNE 23, 2002

1. Laura Burtch44.41
2. Adam Engelskirchen .44.59
3. Ralph Wenzel46.38
4. Nick Simpson46.44
5. John Lennox48.13
6. Becky Fenson (btrfly) 48.38
7. Ali Hall48.50
8. Jon Nakamura49.18
9. Laura Merkl49.38
10. Paul Wolf50.56
11. Rebecca Tilley52.25
12. Signe Curtis52.56
13. Kate Coleman53.35
14. Conrad vonBlankenberg53.45
15. Gina Rus54.18
16. Sunny McKee54.34
17. Joe Illick54.40
18. Krist Jake54.54

19. Joe Ferrero55.27
20. Neal Powers55.33
21. Mary Ott55.56
22. Mark McKee56.11
23. Eric Shackelford . . .57.30
24. George Buffington . .57.30
25. Adam Goldberg . . .58.37
26. Gray Kuglen58.53
27. Susan Cobb61.30
28. Bob Blum61.34
29. Ray Hassan65.06
30. Joe Cowan68.49
31. Napthali Offen69.03
32. Roger Kleid73.53
33. Mary Cantini75.00
34. Ed DeCossio78.05
35. Noel Frelicot . . .Not Quite

HELPERS: Joni Beemsterboer, Nick Blum, George Buffington, Kate Coleman, Signe Curtis, Rudy DeMay, Suzie Dods, Joe Ferrero, Ali Hall, Scott Haskins, Keith Howell, Joe Illick, Roger Kleid, Gray Kuglen, Pat



McGarvey, Lorna Newlin, Mimi Osborne, Era Osibe, Don Reid, Phil Rollins, Robin Rome, Eric Shackleford, Stephen Staut, Rebecca Tilley, Paul Wolf

PILOTS: Ray Artigues, Marcus Auerbuch, Pete Bianucci, Jon Bielinski, Carol Block, Barry Christian, Jim Fagan, George Fleming, Roger Hanson, Don Harrison, Anita Holmquist, Phil Kohlenberg, Tom Kuglan, Steve Lathram, John Latta, Jackie Merovich, Don Osborne, Al de la Pena, Miles Smith, Sondra Vitols, Corrina Witt, Dave Zovickian

BAY BRIDGE SWIM
JULY 14, 2002
(SE - SOUTH END CLUB
SWIMMER)

1. Suzanne Heim	44.38
2. Paul Sagaca (SE)	46.09
3. John Ottersberg	46.40
4. Jim Knight (SE)	47.00
5. Alex Johnston (SE)	47.25
6. Laura Burtch	47.34
7. Adam Engelskirchen	47.53
8. Rick Bartels (SE)	48.00
9. Drew Sullivan	48.22
10. Sue Free (SE)	48.39
11. Patrick McBride (SE)	49.17
12. Phil Murphy (SE)	49.35
13. Ralph Wenzel	50.26
14. Candace Kelly	50.28
15. Brad Binc (SE)	50.29
Alice Jones	50.29
17. Nick Simpson	50.40
18. Chantal Miklosi	50.41
19. Phil Scarborough	50.50
20. Ali Hall	51.40
21. Liam Hennessy	52.04
22. David Rich	52.13
23. Paul Wolf	52.27
24. Jon Nakamura	53.22
25. Alan Budenz	53.46
26. Pat McGarvey	53.59
27. Larry Scroggins	54.03
28. Christine Buckley (SE)	54.41
29. Neal Powers	55.15
30. Signe Curtis	56.35
31. Joe Illick	57.04
32. Hugh Kim	57.32
33. Martin Brais (SE)	57.55
34. Mary Alex	58.01
35. Eric Burke	58.33
36. Pauline Yockley (SE)	58.41
37. Megan Blum	58.42
38. Bob Blum	58.43

39. Mary Ott	58.50
40. Rick Antonchuk	59.06
41. Adam Goldberg	60.00
42. Marty Campbell	
. (SE, fins)	61.30
43. Gray Kuglen	61.42
44. Lorna Newlin	62.04
45. Mike Lagios (SE, fins)	62.12
46. Keith Nowell (SE)	62.20
47. Bill Wygant (SE)	62.21
48. David Blende (SE)	63.54
49. Tim Breshnan (SE)	64.13
50. Keith Howell	64.14
51. Ray Hassan	65.33
52. Naptali Offen	65.55
53. Sue Lauritzen	66.12
54. Anthony DuComb	69.20
55. Janet Heiss	69.21
56. Mo Sheston	70.10
57. Linda Nowell (SE)	70.27
58. Roger Klieed	70.46
59. Ed deCossio	71.32
60. Will Powning	73.42
61. Patrick Tomada (wetsuit)	77.17
62. Pavla Podolska	84.17

PILOTS: Susan Allen, Ray Artigues, Marcus Auerbuch, Jon Bielinski, Pete Bianucci, John Blackman, David Broadbear, Susan Cobb, Bernie Corrinawitt, Joe Cowan, Duke Dahlin, Dubois, Jim Fagan, Becky Fenson, Gail Grynbaum, Don Harrison, Neil Hartnett,



left: Ed Curtis,
Ed de Cossio, Sr.
Les Hendry, 1959

Phil Kohlenberg, John Latta, Melina Linder, Harry Louie, Todd Oppenheimer, Dan Osborne, Al de la Pena, Eric Shackleford, Ted Tilles, Conrad vonBlankenberg, Bob Weil

HELPERS: Nick Blum, Alan Budenz, George Buffington, Lindsay Casablanca, Amy Chamberlain, Barry Christian, Pat McGarvey, Rudy deMay, Laura Dobb, Ali Hall, Suzanne Heim, Liam Hennessy, Hugh Kim, Susan Lauritzen, Mimi Osborne, Milan O., Neal Powers, Phil Rollins, Robin Rome, Cameron Sullivan



Sacramento row, 1990s

2002 SWIM SCHEDULE

Schedule Subject to Changes

Date	Event	Jump-Off
January 1, 2002 -	☼ New Year's Day Alcatraz and Cove	TBA
January 20 - Sunday	Mid-Winter Cove	.09:00
February 23 - Saturday	☼ Gas House Cove	.10:30
March 17 - Sunday	☼ Spring Cove	.09:00
March 21 - Thursday	Polar Bear ends	.23:59
April 6 - Saturday	☼ Pier 43 1/2	.10:00
May 5 - Saturday	☼ Pier 39	.9:30
May 25 - Saturday	☼ Yacht Harbor	.08:30
June 1 - Saturday	100 Mile Swim Begins	.00:01
June 7 - Friday	☼ Twilight Cove - Pot Luck & BBQ	.18:00
June 23 - Saturday	☼ Crissy Field	.08:15
July 14 - Sunday	☼ Bay Bridge (with South End)	.07:00
July 20 - Saturday	☼ Tahoe Relay - Pot Luck & BBQ	TBA
August 3 - Saturday	☼ Santa Cruz Pier	.11:00
August 10 - Saturday	☼ Fort Point	.10:00
August 23 - Friday	☼ Twilight - Pot Luck & BBQ	.18:00
September 8 - Sunday	Over 60 Cove/Introduction to Bay Swimming	.10:00
September 15 - Sunday	Golden Gate	.09:00
September 21 - Saturday	Handicap Cove	.09:00
October 5 - Saturday	☼ Over 45 Gas House Cove	.08:00
October 12 - Saturday	Alcatraz	.11:00
October 20 - Sunday	Dolphin / South End Triathlon	TBA
October 27 - Sunday	Escape From Alcatraz Triathlon	.09:00
October 31 - Thursday	100 Miles Swim Ends	.23:59
November 9 - Saturday	Pilots and Swimmers Appreciation Dinner	.18:00
November 21 - Thursday	Thanksgiving Day Cove	.09:00
December 15 - Sunday	New Year's Alcatraz Qualifier / Holiday Party	.10:00
December 21 - Saturday	Polar Bear Swim Begins	.00:01
TBA	Crazy Cove	TBA

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commission.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

Additional qualifications for Alcatraz and Golden Gate Swims

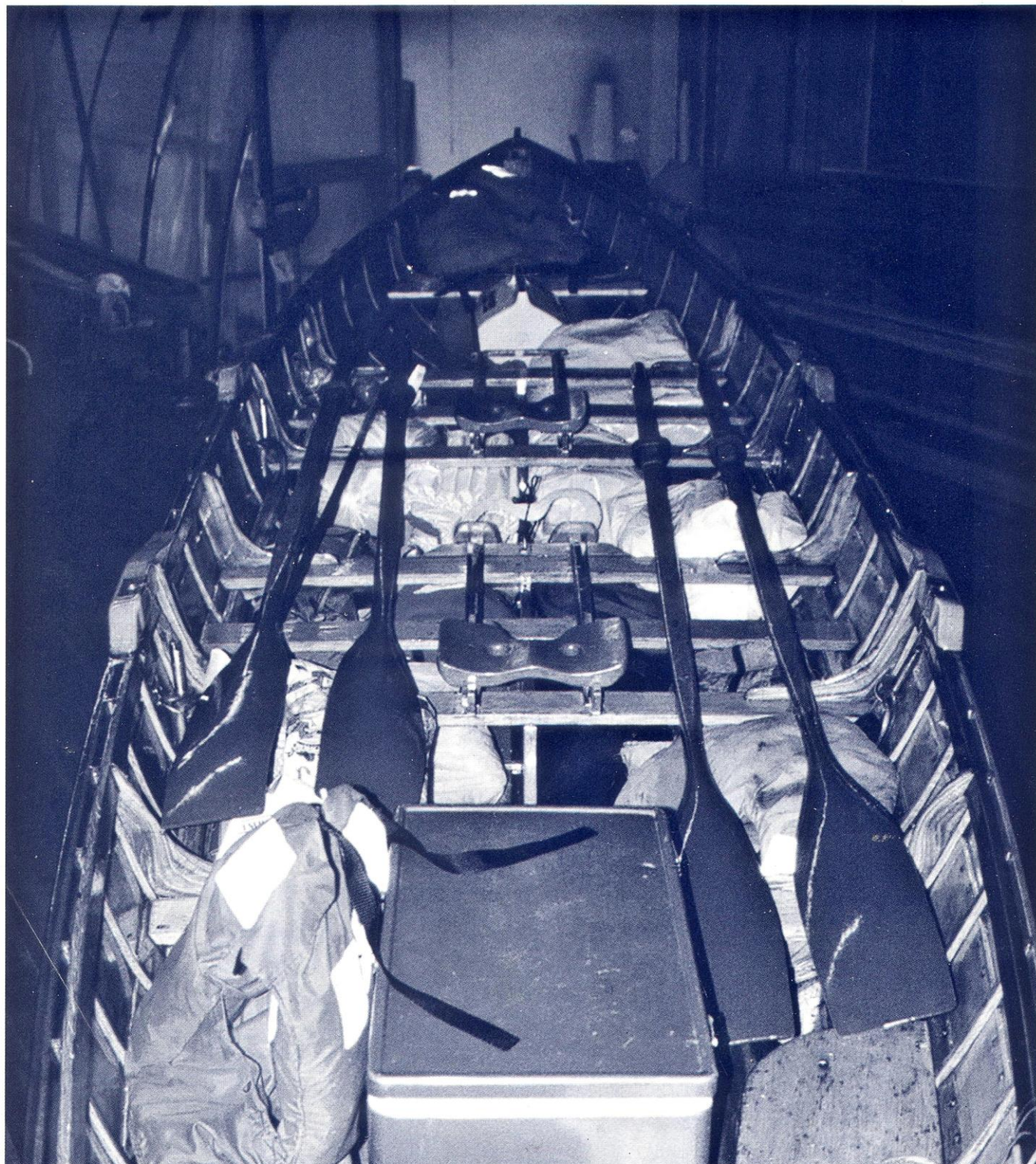
10. In-town members must successfully complete 2 swims marked with a wheel (☼) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, non-qualified members will be given priority in qualifying swims.

Dolphin Swimming &
Boating Club

502 Jefferson Street
San Francisco, CA
94107

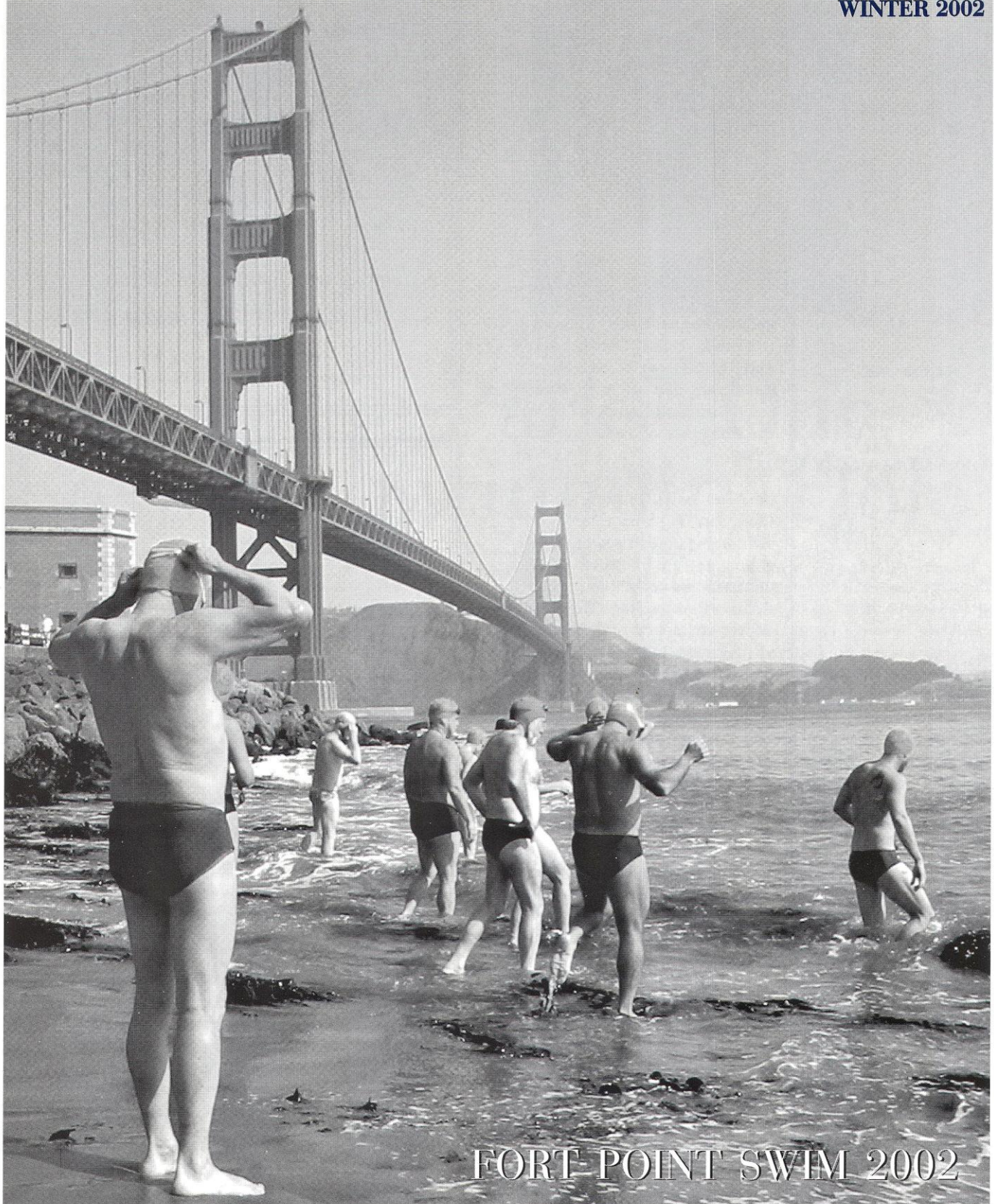
2002 SWIM SCHEDULE
Schedule Subject to Changes

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DOLPHIN LOG

WINTER 2002



FORT POINT SWIM 2002

NEWS

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AN OUTREACH DOUBLE DIP

Two Dolphin outreach programs were held in the Spring. The first, on May 4th, brought to the Club for a two-hour visit a group of visually and hearing impaired students from middle school and high school. There were 13 students in all, accompanied by 9 staff members of the Department of Recreation and Parks. Dolphin volunteers included Suzie Dods, Anthony DuComb, Duke Dahlin, and myself, as well as Steve Timmons, one of my Water Safety Instruction students from the University of San Francisco (USF).

Most of the visitors got their feet wet after a tour of the Club, an explanation of its swimming and rowing program, and an intensive question and answer session about distance swimming. They all expressed a keen interest in visiting the Club again. Before their visit, none of the students was aware of the Dolphin Club and its activities.

The guests were: Olinda Alverodo, Mercedes Alexander, Alaina Schieb, Roberto Bossaza, Mary Beltran, Rhonda Cruz, Juan Medina, Shagranne Miller, Eric Martin, Estephania Barrios, Areian Lim, Christina Lim, Judith Carney, and Nina Marquez. Rec and Park staff members were: Lucas Tobin, Jessica Zee, Robin Wadsworth, Ben Oude Kamphuis, Lizza Zeviar, Robin Pak, Zuban Simon, Sean Comitore, and Moniz Mann.

The second May program was much smaller, involving just three Water Safety Instruction students

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(Ask Commodore Lou where we hide it.)

from USF, who joined me on Saturday, May 11, for a tour of the Club and a swim. The procedure for being a guest at the Club was explained and also how one could become a Club member.

The guests were Rachel Perry, Sergey Korepanov, and Steve Timmons.

— Elmer Tosta

"ESCAPE" PASSAGE

Edison Peinado of the South End Rowing Club led the pack of 28 participants in the 22nd Escape on Sunday, October 27th. Mark McKee picked up 12 minutes on the run to finish second. His time also earned him the title of 1st Male Cruiser, "cruiser" being the category for heavy-weight entrants. Chris Chorak won overall laurels as the top female finisher. Mary Cantini-Norkin won honors as 1st Female Cruiser.

Once again we had more volunteers than participants, with a combined total of 27 pilots from the Dolphin and South End clubs.

I would like to thank the volunteers that have shown up year after year. Meg Reilly has assisted with check-in, timing, and assorted duties. In Mill Valley's Old Mill Park, Tom Gould has kept the time almost every year, and has been kept company in the Park by Dennis Watson, who for many years has run the aid station there. Nick Blum headed up the crew at the Cardiac Hill aid station, ably assisted by Bob Blum, Megan Sullivan, Roger Kleid, and Bob Nowell. Dan McGill, Keith Weaver, and Margaret Curtis have taken care of the "mail box" responsibilities, while Suzie Dods, Monica Towers, and Jennifer Lamers have done stellar work at Stinson Beach.

I would like to give special thanks to Mimi Osborne for leading the timing crew for the swims and for spending the rest of the day as cook for the event-ending dinner. She has handled that responsibility beautifully every year since 1989, when her predecessor, Herman Zahler, died.

It's now time for me to step aside and encourage others to organize this event. I have loved being the race director for these many years and will look back on my experience with fond memories. As with all club events, though, new blood is needed to keep the Escape going. More mature members or members who don't feel the need to compete any longer are ideally suited by their experience to take on the organizational leadership of the Escape. In fact, former participants in any club activity are perfect candidates to participate in organizing those club events in the future.

— Pete Bianucci

DOLPHIN GEAR

If you want to be decked out in Dolphin style, keep in mind that the Dolphin Club always keeps on hand an inventory of apparel for its members. Prices are based on the actual cost, plus sales tax and a 10% surcharge that

goes, per our lease agreement, to the Department of Recreation and Parks. The Club makes no profit on the sales.

We stock short- and long-sleeve T-shirts as well as hooded and crew neck sweat shirts. Both come in blue or white and in XXL, XL, L, M, and S.

We have a good quality blue polo shirt for only \$16, an ideal Christmas gift. Baseball caps come in blue or white and are embroidered with the Dolphin Club logo. We also sell embroidered patches separately. As the water cools, it might be time to pick up a new insulated cap, which sells for \$20, the best price in the Bay Area.

To purchase any item, call Pete Bianucci at (415)363-8272.

EDITORIAL POLICY

Submission of any and all material to the *Log* editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for the *Log* readers. Decisions to alter or ultimately publish submitted material will be the sole decision of the editors.



YOGA AT THE CLUB

Craig Carraher, an Iyengar Yoga enthusiast, is running Yoga sessions Fridays at the Dolphin/South End Club from 6:30 AM - 8:00 AM.

Craig trains at the Iyengar Yoga Institute of San Francisco. His approach, which is enthusiastic, sensitive and full of gentle humor, emphasizes the mind-body connection that he believes should permeate not only the practice of physical postures but all of daily life.

The Iyengar style of yoga is unique in its approach to modify the postures through use of props, whether, standing, seated or inverted. The props teach correct alignment, aid in lengthening and strengthening muscles and direct the focus and support of the posture.

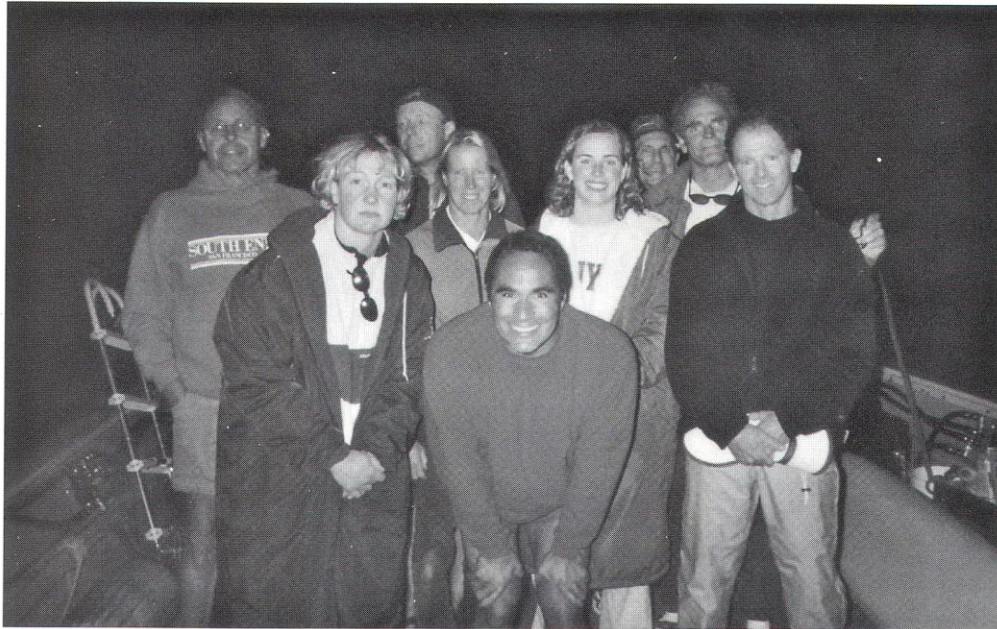
In this no-nonsense approach to Yoga, students learn to be steady and comfortable in postures in a calm reflective atmosphere.

For more information e-mail to ccarraher@aol.com, or phone 415-673-7656

FEATURE

DOLPHIN/SOUTH END TEAM SWIMS ACROSS MONTEREY BAY

By Neala Kendall



(Left to right)
Alex Johnston, Becky Fenson,
Orry Korb, Lisa Rulison,
Duke Dablin, Neala Kendall,
Brian Foss, Rick Barthels
and Joel Wilson.

Missing:
Captain: Gordon Smith
Pilot: Kyle Mata

In a rare Club collaboration outside the waters of San Francisco Bay, three Dolphin Club Swimmers joined by two South End Club swimmers and a Masters coach set out to conquer the 23 miles between the Santa Cruz Pier and the Monterey Bay Aquarium. The following account was written by Neala Kendall, a relatively new member of the Dolphin Club and one of the six team members to take on the Monterey Bay crossing.

It was 3:20 AM and my alarm was going off. Something had to be wrong. I heard two people up and moving in the next room. I then realized it was Sunday, October 6. The two people next door were my teammates, and this was the day we were going to swim 23 miles across Monterey Bay!

Only four days earlier, I had received by phone an invitation from Joel Wilson of Santa Cruz Masters to join the team. Joel was planning the race along with the UC Santa Cruz swim coach, and a swimmer had dropped out. Joel called Heather Royer, but as she was busy with her graduate studies and teaching responsibilities she gra-

ciously suggested that Joel contact me.

I have been a member of the Dolphin Club since March of this year. Heather gave me my first taste of bay swimming in October of 2001, just a month after I had moved to Berkeley after graduating from college in Ohio. From my first minute in the water I was hooked — well, maybe after the first three minutes. That was when I started feeling my blood pumping again and my face had thawed a bit. I think that bay swimming was the best way for me to experience my new home.

During this past summer, I swam the Trans-Tahoe relay and then, in early August, the Pier-to-Pier swim in Santa Cruz. This 10-kilometer swim was my first taste of

long-distance swimming, and I loved it. When I got the offer to swim across Monterey Bay with five veteran open-water swimmers, I jumped at the chance. Becky Fenson is one of the fastest open-water swimmers around; Joel Wilson is a great swimmer and coach; Duke Dahlin is an amazing swimmer who always keeps me laughing; and Rick Barthels and Alex Johnston are South End legends.

The team gathered Saturday night in Santa Cruz, where we met our boat captain, Gordon Smith, and our support staff, paddle-boarder, and kayakers-Anita Holmquist, Lisa Rulison, Orry Korb, and Brian Foss. We also had a Santa Cruz University swimmer and a high school swimmer kayak for our team. Saturday night, a local Santa Cruz made us a fantastic dinner at her house, which overlooks the bay, and we went to bed around 9 PM. I was too nervous to sleep really well, but 3:20 AM was still a shock.

We assembled at our boat at around 4:00 AM and then met the Santa Cruz teams and their boats. They had put together two teams, also with six people on a team, but each swimmer swam half-hour legs, whereas our team members would swim for an hour at a time. The college teams were swimming the Bay as a fundraiser.

Becky was the first swimmer in the water at 5:20 AM. It was very dark and so she and the kayakers and paddle-boarders wore glowsticks. As Becky jumped in, Duke sang "I like the nightlife, baby," which we thought was very appropriate! We started from the south side of the Santa Cruz pier, and as we got out toward the end we could hear the sea lions barking. Then, suddenly, the sea was boiling with sea lions! They followed us for a couple of miles, playing and dancing around Becky. The kayakers were excellent guides and stayed on either side of the swimmer. Becky swam an awesome first leg and we were a good 300 yards in front of both Santa Cruz teams. Duke followed Becky and stroked in the dark for about a half-hour before a beautiful dawn and sunrise made things a little easier. The morning light, however, also revealed the many jellyfish along the course.

First Alex and then Rick followed Duke. My turn was next. It was the first time that I had ever jumped off a boat

into the ocean, and it definitely woke me up. I recovered and got into my hour swim. A jellyfish stung me after about ten minutes. I figured that if I survived the painful sting, I could survive anything. Soon my one hour was up and Joel got in the water and swam a fast, uneventful leg. Our morale was high: Becky wasn't even cold after swimming 3.5 miles in her hour. Duke kept me positive, talking about how great the water felt and how much more pleasant his second swim was.

We planned the swim to take about 10 hours.

After six hours we figured we had at least four-and-a-half to five-and-a-half hours to go. I would have to swim again, creating the possibility that I might end on the shore. I thought this would be really cool, as I would get the glory of landing. It also meant crawling through entangling, heavy kelp and the possibility of encountering some not-so-friendly sea creatures in that kelp.

I jumped in for my second hour, not knowing if Joel or I would finish it off. I decided that I would just keep my head down, follow my kayaks, and not think about anything except putting one hand in front of the other. The water felt warmer, I didn't encounter any jellyfish, and I was more relaxed. When I saw the buoy that was supposed to be a mile from the

beach and the Monterey Bay Aquarium, I knew that I would finish. I picked up my pace and spotted the beach where we would land. When I first saw the long, leafy kelp, I tried to steer around it, but it became impossible, so I crawled on through it. Then I could see sand below me and we had landed! I ran up the beach and was cheered on by the UC Santa Cruz swimmers, who had completed their swim and were watching us from the beach. We had finished in a time of 10 hours, 48 minutes and 55 seconds.

I got a ride on a kayak back to our pilot boat, though I didn't need any kind of support to float along, buoyed by what we had all just completed. We began the two-and-a-half hour boat ride back to Santa Cruz just as the sun was setting over the ocean. The day may have been ending, but thanks to my training partner, Heather Royer, and to my teammates and pilots, I am guaranteed that the memory of this experience will never end.



“My turn was next. It was the first time that I had ever jumped off a boat into the ocean, and it definitely woke me up. I recovered and got into my hour swim. A jellyfish stung me after about ten minutes. I figured that if I survived the painful sting, I could survive anything.”

DOLPHIN LOG SWIM STATISTICS

FT. POINT SWIM (Started east of GG Bridge) Aug. 10, 2002

Conditions: warm air, water;
no wind, strong flood

1. Todd Walsh	49.27
2. Laura Burtch	53.17
3. Si Bunting	54.24
Candace Kelly	54.24
5. Phil Scarborough	56.43
6. Ali Hall	57.45
7. Duke Dahlin	57.55
8. Paul Wolf	58.05
9. Laura Merkl	58.0
10. Allen Budenz	59.11
11. Phil Rollins	60.38
12. Rebecca Tilly	61.03
13. Peter Drino	63.58
14. Krist Jake	64.25
15. Joe Illick	64.59
16. Signe Curtis	65.00
17. Neal Powers	65.58
18. Ted Tilles	66.41
19. Keith Nelson	70.23
20. Adam Goldberg	72.44
21. Nephtali Offen	74.42
22. Keith Howell	75.02

23. Anthony DuComb	86.06
24. Ed DeCossio, Jr.	108.24

HELPERS: Mary Alex, Si Bunting, Susan Cobb, Duke Dahlin, Suzie Dods, Rudy DeMay, Adam Goldberg, Pat Howard, Joe Illick, Chris Jones, Candace Kelly, Greg Kuglan, Tom Kuglan, Pat McGarvey, Jackie Merovich, Keith Nelson, Dan Osborne, Mimi Osborne, Neal Powers, Will Powning, David Rich, Phil Rollins, Debbie Rose, Ted Tillis, David Walsh, Paul Wolf, David and Noah Zovickian

PILOTS: Ray Artigues, Marcus Auerbuch, Pete Bianucci, Paul Brady, Joe Cowan, Rich Cooper, Peter Darlington, Jim Fagan, Colin Gift, Chris Jones, Phil Kohlenberg, Dan McGill, Suniny McKee, Kathy McKinney, Dan Osborne, Al

de la Pena, George Robin, Wayne Riddle, Larry Wisch

TWILIGHT COVE SWIM August 23, 2002

1. Suzanne Heim	20.20
2. Chris Jones	22.09
3. Drew Sullivan	22.31
4. Julia Storck	23.50
5. Phil Scarborough	24.21
6. Alice Jones	24.36
7. Ali Hall	24.49
8. Elmer Tosta	26.37
9. Joanne Desmond	27.27
10. Jennifer Lamers	29.28
11. Mary Alex	30.03
12. Megan Sullivan	30.57
13. Suzie Dods	31.05
14. Milan Odehnal	31.20
15. Martin Gilbert	32.26
16. Jackie Merovich	32.31
17. Keith Howell	33.50
18. Barry Christian	33.52
19. Roger Kleid	34.06
20. Steven Stout	35.40
21. Steve Worthington	36.50
22. Vince Rioux	37.14

23. Pia Hinckl	37.42
24. Neala Kendall	39.32
25. Mary Cantini	43.00

Short Course:
Sandra Vitols N/A

HELPERS: Bob Blum, Nick Blum, Joanne Desmond, Suzie Dods, Anthony DuComb, Krist Jake, Alice Jones, Chris Jones, Steve Lathram, Pat McGarvey, Phil Rollins, Sonda Vitols, Keith Weaver

HANDICAP COVE SWIM September 1, 2002

1. Era Osibe
1. Debbie Rose
1. Sue Garfield
1. Susan Cobb
1. Tom Bishop
1. Ed DeCassio, Jr.
1. Phil Kohlenberg
1. Anthony DuComb
1. Ken Coren



Mary Sancinimo



Suzanne Heim



left to right: Sarah Morris, Sid Hollister, Ray Artigues, Dan McGill, Phil Koblenberg, Rich Cooper, Keith Weaver, Rudy DeMay, Don Reid, Connie Von Blankenburg, Ed DeCossio, Jr., Lou Marcelli, Dan Osborne (seated), Mimi Osborne, Bob McKenzie, Joe Illick, Sandy Lehmkuhl, John Davis, Bob Danielson, Walter Schneebeil, Glynn Jones





Photograph © 2002 John Perino

OVER 60 COVE

September 8th, 2002

1.	Lou Marcelli	12.10
2.	Bob McKenzie	12.13
3.	Walt Schneebeli	12.15
4.	Joe Illick	5.24
5.	Conrad Von Blankenburg	12.27
6.	Dan Osborne	15.32
7.	Rich Cooper	17.25
8.	Glynn Jones	19.21
9.	Sarah Morris	19.43
10.	Sid Hollister	21.28
11.	Ed Decossio, Jr.	22.41
12.	John Davis	22.53
13.	Dan McGill	23.28
14.	Don Reid	24.20
15.	Sandy Lehmkuhl	24.45
16.	Mimi Osborne	26.21
17.	Bob Danielson	26.43
18.	Rudy DeMay	27.46
19.	Keith Weaver	31.29
20.	Ray Artigues	31.43
21.	Phil Kohlenberg	38.22

PILOTS AND HELPERS: Gina Rus, Pia Hinckle, Nick Blum, Pete Neubauer, John Selmer, Ned Hoffman, Jim Fagan, Neala Kendall, Sue Garfield, David Rich, Pat McGarvey, Lee Hammack, Bob Blum



Sue Garfield



Newlin, Hennessy, Osibe and Rome

- | | | |
|------------------|----------------------|-------|
| 1. John Hersberg | 17. Bob Blum | 21.05 |
| 1. Becky Fenson | 18. Pete Neubauer | 21.05 |
| (on the fly) | 19. Phil Fernandez | 21.27 |
| 1. Tom Kuglen | 20. Robin Rome | 21.35 |
| 1. Dan Osborne | 21. Susan Cobb | 21.42 |
| | 22. Ken Coren | 21.50 |
| | 23. Hal Offen | 22.52 |
| | 24. Roger Kleid | 23.02 |
| | 25. Lorna Newlin | 23.19 |
| | 26. George Robin | 23.25 |
| | 27. Tom Bishop | 23.56 |
| | 28. Rey Hassan | 24.28 |
| | 29. Sue Garfield | 24.51 |
| | 30. Steve Townsend | 24.58 |
| | 31. Larry Wisch | 24.59 |
| | 32. Anthony DuComb | 25.28 |
| | 33. Susan Lauritzen | 26.07 |
| | 34. Ed DeCossio, Jr. | 26.21 |
| | 35. Pete Biannuci | 26.50 |
| | 36. Sarah McCusky | 27.08 |
| | 37. Mary Cantini | 27.28 |
| | 38. Keith Weaver | 30.02 |
| | 39. Phil Kohlenberg | 37.52 |

PILOTS: Susan Allen, Duke Dahlin

HELPERS: Sue Garfield (chow), Suzie Dods (organization and entertainment)

OVER 45 GAS HOUSE October 5, 2002

- | | | |
|-----------------------|-------|--------------------------------|
| 1. Marla McGowan | 17:30 | PILOTS/HELPERS: Steven |
| 2. Jon Nakamura | 17.55 | Stout, Stacy Singleton, Pat |
| 3. Laura Merkl | 17.58 | Howard, Nick Blum, |
| 4. Perter Drino | 18.25 | Rebecca Tilley, Sunny |
| 5. John Selmer | 19.08 | McKee, Mark McKee, Hugh |
| 6. Mark McKee | 19.12 | Kim, Sue Garfield, Joe Illick, |
| 7. Tom Hoffman | 19.15 | Krist Jake, Pat McGarvey, |
| 8. Krist Jake | 19.17 | Rebecca Tilley, Marcus |
| 9. Pat McGarvey | 19.18 | |
| 10. Sunny McKee | 19.35 | |
| 11. Joe Illick | 19.40 | |
| 12. Lisa Smith | 19.57 | |
| 13. Vince Huang | 20.21 | |
| 14. Peter Mclaughlin | 20.32 | |
| 15. Eric Shackelford | 20.55 | |
| 16. George Buddington | 20.56 | |

Auerbach, Dan McGill, Don Harrison, Colin Gift, Adam Engelkirchen

ALCATRAZ

Saturday, October 12, 2002
Conditions: Sunny, fairly flat, more flood than expected

- | | |
|---------------------|-------|
| 1. John Ottersberg | 33:11 |
| 2. Neala Kendall | 33:37 |
| 3. John Selmer | 35:12 |
| 4. Laura Burtch | 35:32 |
| 5. Adam | |
| Engelskirchen | 36:06 |
| 6. Drew Sullivan | 36:26 |
| 7. Candace Kelly | 37:14 |
| 8. Ali Hall | 39:38 |
| 9. Ralph Wenzel | 39:40 |
| 10. Tom Keller | 40:00 |
| 11. Alan Budenz | 40:42 |
| 12. Alice Jones | 41:25 |
| 13. Margaret Keenan | 47:27 |
| 14. Ted Tilles | 48:19 |
| 15. Conrad V. | |
| Blankenburg | 48:38 |
| 16. Bob Blum | 49:22 |
| 17. Ian MacLean | 50:26 |
| 18. Mary Alex | 50:32 |
| 19. Jennifer Lamers | 51:26 |
| 20. Pat McGarvey | 54:05 |

- | | |
|----------------------|--------|
| 21. Sondra Vitols | 54:22 |
| 22. Susan Cobb | 55:00 |
| 23. Robin Rome | 56:46 |
| 24. George | |
| Buffington | 59:05 |
| 25. Neal Powers | 59:07 |
| 26. Lorna Newlin | 62:03 |
| 27. Hugh Kim | 63:05 |
| 28. Elodie Harms | 65:00 |
| 29. Ed DeCossio, Jr. | 70:04 |
| 30. Ray Hassan | 73:28 |
| 31. Keith Howell | 73:36 |
| 32. Sue Garfield | 74:14 |
| 33. Conrad Liberty | 74:37 |
| 34. Roger Kleid | 80:53 |
| 35. David McGrane | 83:17 |
| 36. Will Powning | 80:09 |
| 37. Pavla Podolska | 93:20 |
| 38. Sarah McCuskey | 99:30 |
| 39. Debby Rose | 100:08 |

ALMOST: Stephen Stout, Milan Odenhaal

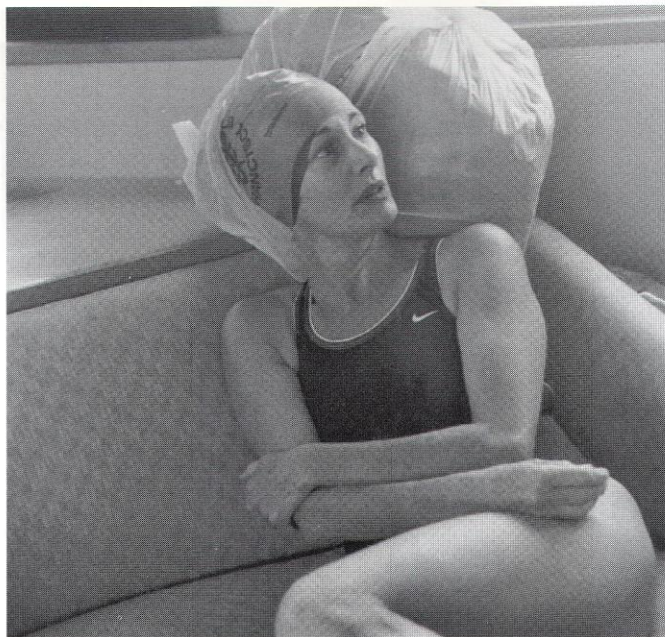
PILOTS: John Blackman, Chuck Vogt, Phil Kohlenberg, Rich Cooper, Bob Weil, Dan Osborne, Ray Artigues, Emily Roth, Peter Darlington, Keith Fox, Eduardo Barranco, Dolores Meehan, Sunny McKee,

Mark McKee, John Pelka, Naomi Mahoney, Harry Louie, Steve Latham, Noel Turner, Melinda Linder, Pete Bianucci, Al De La Peña, George Robin, Paul Brady, Judy Apfel, Mary Cantini-Norkin, Susan Lauritzen, Don Harrison, Jenny and Erik Von Blankenberg, Bob Danielson, Susan Allen, Silvano, Colombano, Celeste McMullen

HELPERS: Mimi Osborne, Julia Storek, Megan Sullivan, Nick Blum, Sue Garfield, Neala Kendall, Sunny McKee, Mark McKee, Phil Kohlenberg, Tom Kuglen, Hugh Kim, Marla Liberty, Rachel Green, Laura Merkl, Ed DeCossio, Neil Hartnett, Al De La Peña, Pavla Podolska

100 MILE SWIM

Duke Dahlin	.161
Drew Sullivan	.154
Phil Scarborough	.150
Joe Illick	.125.5
Ralph Wenzel	.122
Phil Kohlenberg	.118
Hugh Kim	.118
D. Hersberg	.116
Suzie Dods	.115.25
Krist Jake	.111.5
John Dugan	.111.5
Becky Fenson	.111.25
Vince Huang	.111
Hal Offen	.102.5
Tom Hoffman	.101.75
Ali Hall	.101
Sunny McKee	.101
Alan Budenz	.100.5
Rebecca Tilley	.100.25
Candace Kelly	.100
Pavla Podolska	.100
Si Bunting	.100
Ray Hassan	.100
Steve Townsend	.100
Vic Pizarro	.100

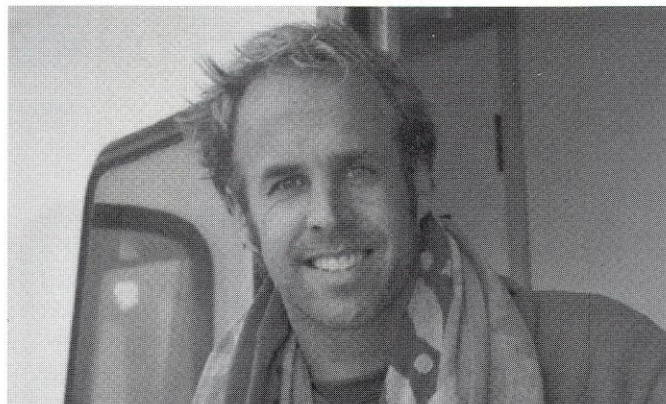


*top: Robin Rome
middle: Suzie Dods and Pete Bianucci
bottom: Golden Gate Bridge
All swim stat photos: Susan Lauritzen*





Robin Rome and Ira Osibe



Todd Walsh

ESCAPE FROM ALCATRAZ TRIATHLON

October 27, 2002

	NAME	CLUB	SWIM	BIKE	RUN	TOTAL
1.	Edison Peinado	SE	35:00	45:00	2:35	3:55:00
2.	Mark McKee*	DC	48:00	48:00	2:23	3:59:00
	Morris Cheston	DC	48:00	48:00	2:51	4:27:00
	Eric Burke	DC	49:00	53:00	2:44	4:27:00
5.	Phil Scarbrough	DC	40:00	50:00	3:16	4:46:00
6.	Chris Chorak^	DC	41:00	1:02:00	3:04	4:47:00
	Bill Hadley	DC	55:00	53:00	2:59	4:47:00
8.	John Mattox	DC	54:00	57:00	3:14	5:01:00
9.	Dwight Duke	SE	43:00	55:00	3:24	5:02:00
10.	Stephen Andeson	(WS)DC	57:00	1:07	3:00	5:04:00
11.	Naphthali Offen	DC	57:00	57:00	3:13	5:07:00
12.	Andy Field	SE	52:00	1:00	3:18	5:10:00
13.	Rebecca Tilly	DC	47:00	57:00	3:30	5:14:00
	Sunny McKee	DC	47:00	54:00	3:33	5:14:00
15.	Jon Nakamura	DC	41:00	58:00	3:41	5:20:00
16.	Don Campbell	DC	56:00	58:00	3:29	5:23:00
17.	Anthony DuComb	DC	1:09	57:00	3:27	5:33:00
18.	Jeremy Wilmerding	DC	55:00	58:00	4:00	5:53:00
19.	Mickey Lavelle	DC	43:00	49:00	4:19	6:11:00
20.	Julie Marcus	DC	1:01	1:29	3:45	6:15:00
	Hal Cranston	DC	58:00	1:14	4:03	6:15:00
22.	Susannah Mannell	SE	52:00	1:07	4:39	6:38:00
23.	Mary Cantini-Norkin°	DC	1:12	1:18	4:00	6:39:00
24.	Jennifer Prager	SE	50:00	37:00	5:29	7:06
	Keith Nowell	SE	57:00	1:11	4:39	7:06:00
	Dan Needham	SE	55:00	1:13	4:58	7:06:00
	Regina Rus	DC	50:00	1:08	DNF	N/A
	Louise Bea	(WS)DC	52:00	1:23	DNF	N/A
RELAYS						
1.	Ken Coren	DC	54:00		2:31	
	Josh Lerner	DC		40:00		
	Leslie Goodchild	DC			2:31	4:21:00
2.	Peter Butler^	DC	1:08	1:15		
	Ali Hall	DC			3:35	5:53

* 1ST MALE ^ 1ST FEMALE ° 1ST FEMALE CRUISER ^ ELDEST

SWIM COMMISSIONER'S REPORT

By Suzie Dods

PLEASE READ THIS

By the time you read this, we will have had our Pilots and Swimmer's Dinner. I hope you attended and had a good time. I hope also that you realize that this is your swim program, not mine, or anyone else's. That being said, the program can't run without some people who are instrumental in organizing certain aspects of it. Pete Bianucci arranges the buses and boats, runs our "Escape," and plans the schedule (He always very nicely asks me what I think. But he does it, and for that, I owe him a special thanks.) George Robin, Al de la Peña, Tom Kuglen, Barry Christian, and Paul Brady are always helping with the power boats, and have been joined by a few new power pilots we added this year—John Ottersberg, Tom Keller, and Candace Kelly. Duke Dahlin, who is not only our entertainment commissioner, but always shows up and asks: "What can I do?" I thank you one and all. The bulk of the program, however, is YOU, the program participants. Thank you for giving me a job to do.

I've tried over the past two years to make the swim program fun, exciting, different, and interesting. The Dolphin Club is a community and community means participation and cooperation. The Club, which has been here for more than 125 years, is made up of its members. All members are welcome to be active in this institution. What does that mean, exactly? It means becoming a part of the Club community, being more than just a number or finisher. Participation in the swim program has been dropping. To know why and turn it around, I need to hear from those of you who have participated in the program, but most importantly I need to hear from those who HAVE NOT. I want to know WHY NOT. Help me make the program interesting to YOU, a program that you want to participate in. Any comments are welcome. They can be submitted signed or anonymously — in person, via e-mail (suziedods@hotmail.com), or in writing.

Please, take the time to help build a better program by giving me your \$2 worth of input (inflation, you know). If you don't want to make a "free form" response, fill out this questionnaire and either mail it to the Club or put it in the box inside the front door. Please remember, I have no control over the weather!!! (Alas.)

HEALTH CLASS WITH JOAN MCKENNA STARTING IN MID-JANUARY

EMAIL OR CALL LARRY WISCH FOR DETAILS
AT 415-647-8216 lwisch@pacbell.net

JOAN SPOKE AT THE CLUB
IN MAY AND IS A
RESEARCH PHYSIOLOGIST.

Circle the appropriate response.

1. I have/have not participated in two or more swims this past year.
2. I would/would not have liked to participate in more.
3. I could not participate as a swimmer because of other commitments Y/N.
4. I did not swim because (circle all that apply)
 - a. I'm not fast enough
 - b. I do not like competition.
 - c. Swim fees are too expensive.
 - d. I don't feel safe.
 - e. I don't know anyone in the program
 - f. Fill in the blank

5. I think there are too many/not enough swims. If "too many," which ones would you drop?

Which ones would you add?

6. If you participated in five or more swims, what kept you coming back?

- a. Trinkets
- b. I'm training and I need the competition.
- c. I like the challenge.
- d. Fill in blank

7. Why do you think we had only 42 swimmers for the Alcatraz & Golden Gate swims the past two years, when six to ten years ago we had 65 or more?

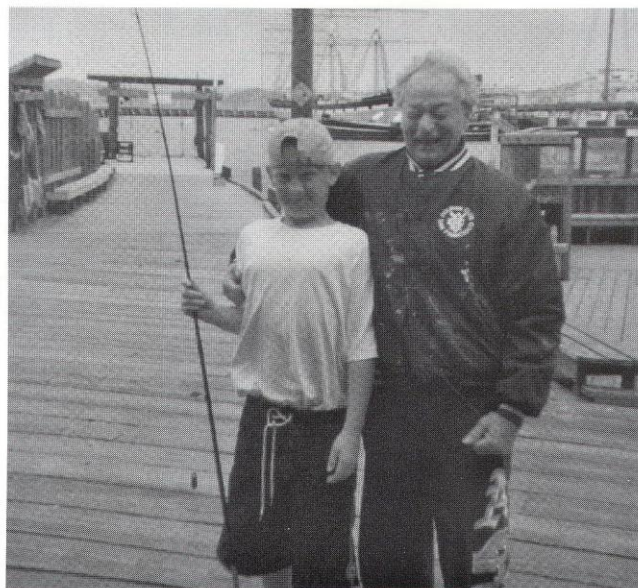
8. What would YOU do differently with the swim program?

Thank you for your thoughts and input.





Beauty and charm: Jessica, age 10, and the late, great "Cecco."



Eyes wide shut: Matthew, age 13, and "Moon" Passanisi

Aquatic Park—Our Favorite Swimmin' Hole

By teenagers Jessica and Matthew Macek

Wow! The Dolphin Club with all its many great qualities, and (what I would like to think) privileges, where my brother, Matt, and I have spent eight wonderful summers swimming in San Francisco at the Aquatic Park swimming hole is equaled nowhere!

When asked by our Poppy and Mommy T if we would like to vacation in another state or place ... all thumbs pointed downward. There is no way that we would miss a summer at the Dolphin Club! Waking up with the morning fog, disregarding our appearance, layering on several shirts, and painting our faces are our traditional preparations for cheering at the Dolphin Club swims. Matt and I are still spectators at DC out-of-cove swims, but we relish cheering on friends, coach, and, of course, our Grandfather, Poppy, or, as you know him, George Robin, Boat House Captain. But just you wait, one day we, too, will be swimming with the pack.

Now, granted, the first swim of the summer in the cold water may seem difficult for some, but honestly, it is the *Best!* The second the icy water touches my skin... energy rushes through my veins yearning for total submersion. Swimming in Aquatic Park revitalizes the body, mind and soul. Yup, once my head is under, there is no looking back! Fishlike swimming is for me. Lest we forget! The sauna makes that tingly, relaxed feeling last for hours.

If you aren't hot on swimming in the freezing bay, then you can work out in the weight room or try your hand at hand ball or become a qualified rower in the Whitehalls.

One of my favorite things at the club are 'orange marmalade sunsets' and no, it's not a drink. I'm talking about relaxing in the Staib Room with pistachio nuts and some orange juice.

Matthew also enjoys swimming in Aquatic Park, the best swimmin' hole around, and he loves to fish off the dock. Some of you probably already know that, and our Mommy T, also known as Marty Robin, whips up some of the best food in Moon's kitchen with Matt's catches. He catches a variety of crabs and fish.

Most people in San Francisco don't know about the best thing going in town — the Dolphin Club. It's hard to describe the Club to those who have never been there. It's not just the Club, but the members and all the friends who make the DC what I have grown to love.

Matt and I both send lots of love and hugs to all of our buddies—Moon, Lou, Mineko, Laura Burtch and, of course, the Spirit of Cecco. A friendly "hello and see you soon" to everyone.

—Jess and Matt, the swimmin' and fishin' grandchildren of George and Marty Robin.



DOLPHIN LOG

SPRING 2003



Ladies' Day

May 9, 1915

Athletic contests, libations, and comestibles were all part of the Club's annual Ladies' Day, for which all comers donned dandy duds. Anchoring the photo are champion rower Alex Pape, in the lower left corner, holding his daughter; and Jimmy Cronin, a Club sparkplug for decades, in the lower right corner.

Photo: Cardinell Vincent Co.

NEWS AND NOTES...

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Photo: Susan Lauritzen



Joe Illick

Double Dipping

I'M SHIVERING as I emerge from the sauna in my damp suit and don my wet latex cap and goggles. I've already swum a mile and a half and have just warmed up before completing my daily goal of two miles. There are certainly swimmers who can do that at one clip, especially this winter when the water temperature is unseasonably high, but it feels like too much for me as I

finish that sixth quarter-mile leg and think about heat and rest.

Of course, as I leave the locker room for my second dip I am subject to looks of incredulity and cries of derision. I feel like a freak, which I think I'm not. I am just conducting an experiment on my 68-year-old self about limits and durability.

It started late last autumn when I decided that instead of bracing myself for the cold on my first entry into the water, I would, instead, embrace that frigid liquid, indeed, celebrate it. (Larry Wisch must be getting to me.) As I have aged and survived prostate cancer, I am aware of the shortness of life and the declining possibilities for unusual experiences. Slowly freezing is one of the few options left (no cryogenic immortality for me!).

Nevertheless, I get cold at about one and a half miles, and my stroke slows. So I emerge, take a heat injection for twenty minutes or so, and reimmerse. The initial strokes of the second dip are pure instinct; the water seems hostile. But to my surprise it takes only a few hundred yards for the sensation to change. I feel great as I finish, and occasionally I experiment by adding another leg or two. But I don't want to overdo. There's always tomorrow, and I want to be ready.

When I was younger and still ate ice cream, double dipping was easy, even hard to resist. Today, it's different, but just as much a treat. Adds flavor to your life.

- Joe Illick

NOTE: By February, I found I could swim one and three-quarter miles and then three-quarters more.

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(Ask Commodore Lou where we hide it.)

Handball

PLAYING TOGETHER for the first time, Dolphin Aristotle Smith and South Ender Ned Corrigan made it almost to the top of the B players bracket in the South End's St. Patrick's Day doubles tournament, losing in a tough finals match to a more experienced duo. More than fifty players participated in the tournament.



GOAPe! team from Galileo High School. Teacher/Dolphin, Steve Hagler, center, holding his daughter.

GOAPe! Takes on the Bay

ON THE GRAY, WINDY morning of January 31, 24 students in the Galileo Outdoor Adventure Program (GOAPe!) honored their team commitment to GOAPe! — they took a dip in the Bay. In the process, they discovered what many Dolphins know well: that the water isn't so cold as it looks and that doing something "crazy and cool" with others is a bonding experience.

To take on the challenge of their commitment, though, each student had to handle some individual fears — of jellyfish, the tides, sharks, and other imagined dangers. And, of course, with water they thought would be "cold and colder." Even so, most of the students looked forward to the challenge of doing something they had never done before. Since they were all in the same boat, so to speak, many saw it as a challenge that would teach them something about themselves and their teammates.

Some, in fact, arrived at the Club, "really excited and ready to do it for the team." Others took one look at the cove and lost

all desire "to jump into some cold ass water so early in the morning." Several veterans of GOAPe! had a different perspective, seeing a Bay swim as a way to share an unusual experience with new team members and have some fun doing it.

When the time came to get wet, they did it like true Dolphins — some running in at full tilt, others slowly wading in, and a few hitting the water with a leap and a whoop. Some laggards, seeing that none of their friends had turned blue, finally took the plunge themselves. A few others were coaxed to join the fun by teammates who came out of the water to give them a bit of support. It was, their teacher and Club member Steve Hagler, remarked, "a show of true unity."

As it turned out, most of the students felt the water wasn't all that cold and agreed that "...doing something crazy and out of the norm is really cool." As one young woman said, "After the dip, I was really cold but at the same time I was very proud of myself." A veteran of GOAPe! summed it up this way:

"...it takes a lot of guts to go in that cold water but all the returnees went in and had a lot of fun...we showed the new students that we are committed." That surely rings a bell with veteran Dolphins who have nudged a new member or two to go for that

first Polar Bear or join the swim program.

Their swim ended, the young men and women of GOAPe!, like any Dolphin after a midwinter dip, gratefully enjoyed the warmth of the Club sauna and showers. "In the end," Steve Hagler said, "about 90 percent of the class went into the water," far beyond either his or his students' initial expectations. "It was," he said, "a great moment that will live on in the memories of my students for a long time."

- Sid Hollister

NOTE: Dolphins Julie Marcus and Steve Anderson, and former Dolphin, Casper DeClerq, joined the students on their dip in the Bay.

Membership Meeting

IN ACCORDANCE WITH CLUB by-laws, the annual membership meeting of the Dolphin Club will be held at the Club on Wednesday, September 17th at 7:00 PM. All members are invited to attend. 🐬

THE DOLPHIN CLUB BUILDING FUND

An opportunity to support the long-term capital needs of your Club through a tax-deductible contribution or gift.

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M I L E S



Louise Bea
January 1978

Life Members

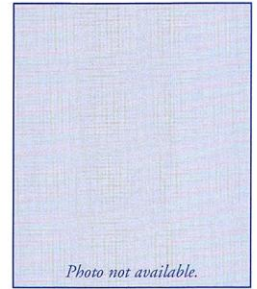
25 years in the
Dolphin Club
1978 – 2003



Carla Curtis
February 1978



Kathleen Maloney
March 1978



Flicka McGurrian
April 1978



Brian Gilpin
June 1978



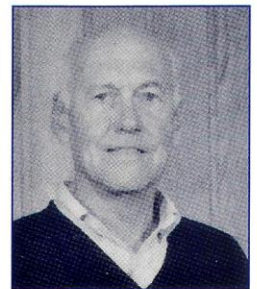
Virginia Hofmann
June 1978



Judy Pryor
June 1978



Sarah McCuskey
June 1978



Richard Cooper
June 1978

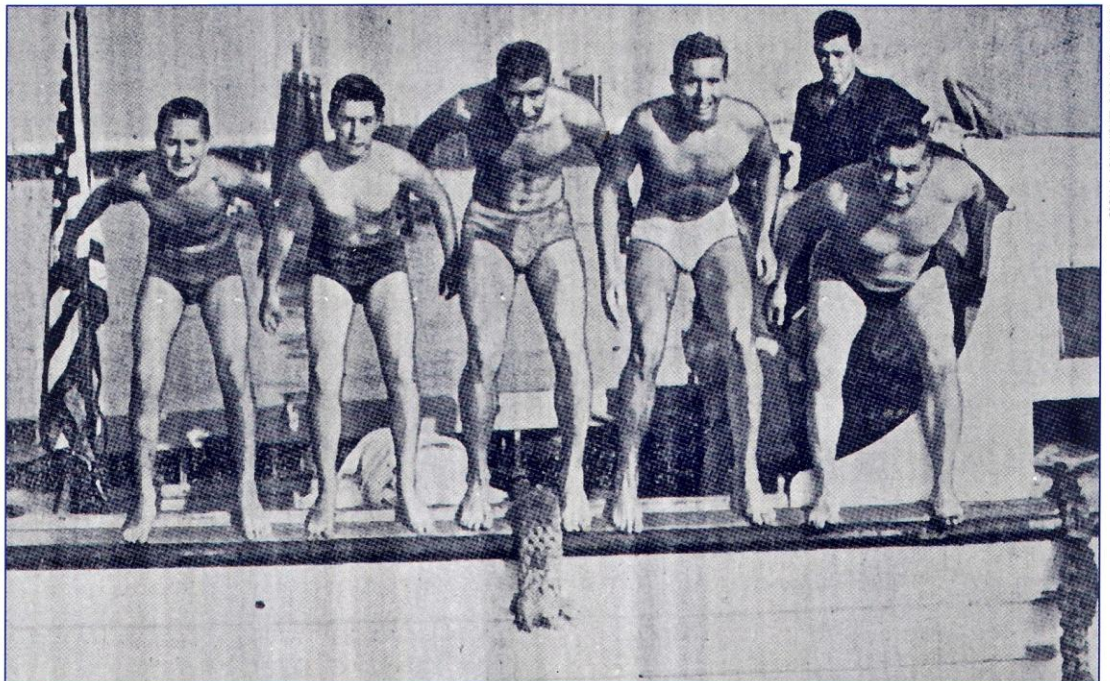


Catherine Huang
September 1978

Golden Dolphin

50 Years

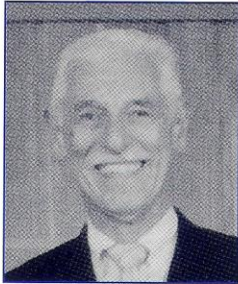
Roger Gaal
October 1953



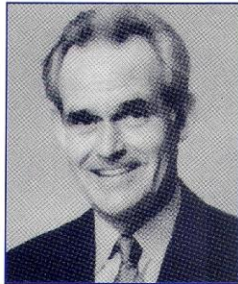
San Francisco Examiner Photo

Steve Gaal (far right) and his four sons about to start the 1927 Golden Gate Swim. Roger, then 14, is second from the left. The other Gaal boys, left to right, are Kenneth, 13; Philip, 18; and Stephen, 19.

T O N E S



Carlos Bea
May 1978



Stephen Krolik
May 1978

Deaths 2002



Albert Liva
August 1940



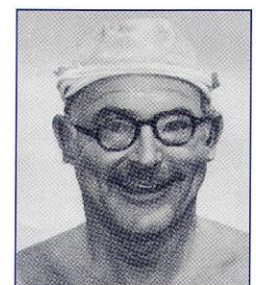
Sherryl Kent
August 1978



Mineko Gallic
September 1978



Roy Hooper
July 1951



Bill Powning
July 1968



Vincent Huang
September 1978



Barbara Dykas
October 1978



Bob Hoff
May 1960



Bill Walden
November 1963



Suzanne Heim
December 1978



Dan McGill
December 1978



Lino Scrivant
February 1959



Photo not available.

Phil Lucier
September 1985

MY TERRIFIC SICILIAN SWIM

by Duke Dahlin

IT STARTED IN 2001 WHEN I ATTEMPTED to swim the English Channel. On the beach at Dover, I met Alba Cacopardo, a lovely lady who is head of the English Department at the University of Messina in Sicily, and her son Francesco. Francesco, who was making his second try at the Channel, is the director of a masters swim club in Messina called Alba Della Stretto. Alba invited me to come to Sicily sometime for a visit. As I thanked her for her kind invitation, I never imagined I would ever make such a trip.

Then last spring, I received a phone call from Alba asking me if I would be interested in coming to Sicily for a 25-kilometer swim that her son's club was sponsoring. I immediately said yes. Alba also asked me to pass the invitation on to anyone else who might be interested. The swim club was offering each participating swimmer and a companion two nights of free hotel lodging plus meals and local transportation. I posted a notice at the Dolphin Club and Suzie Dods told me she would love to go, since she was already planning on visiting a cousin in Rome.

My partner, Joel, and I decided to fly from San Francisco to Rome and then to Reggio, the capital of Calabria, the province that occupies the "toe" of the Italian boot directly across from Messina. We found a nice little resort called Villaggio Rivamare, where for three days we rested up and recovered from jet lag.

To my surprise, very little English is spoken in this part of Italy. Joel, who had a rudimentary knowledge of Italian, bought some Italian language tapes a few months before we left so that he could brush up. It was a good thing he did, because we found only one person at Villaggio Rivamare who could speak English. If any of you are planning a trip to Sicily or Southern Italy, take an Italian phrase book along - and be prepared to use it.

Our first evening at the Villaggio we took a walk along the main street. No sooner had we left the resort when we saw ahead of us what seemed to be a large gang of teenagers on motorscooters. Though apprehensive, we kept walking and soon noticed that the street was, in fact, full of people of all ages strolling along, talking, watching other people, and, since the

weather was hot and humid, simply out to enjoy the cool evening air. We realized then that the "teenage gang" was just a collection of friends checking each other out and totally uninterested in two middle-aged Americans.

It was an introduction to culture shock. Our education continued a few days later in Sicily on a local city bus loaded with teenage boys and girls. One amorous young couple was passionately making out, oblivious to the rest of the world until a cluster of boys prepared to get off the bus. One of the boys tapped our Romeo on the shoulder and kissed him goodbye on both cheeks. Before the door had closed the young lovers had taken up right where they left off.

The people of southern Italy and Sicily seem to be basically a very warm, affectionate and loving group of people. At no time there did I feel threatened or uncomfortable.

On our last day at the resort we had our usual continental breakfast and proceeded to check out. The owner couldn't get anyone at the taxi company to answer the phone, so he volunteered to take us the five miles to the ferry terminal. Once there, he carefully showed us where to buy our tickets and, before

he left, made sure we were headed toward the right window.

The ferry ride to Messina took about a half hour, followed by a short walk to the train and bus station. At the station we tried for half an hour to call Alba, who was supposed to send someone to pick us up, but her phone was busy. Then, at our wits' end we looked up and saw Suzie Dods entering the station. Suzie, who was also doing the swim, had arrived a day earlier and



The 25-kilometer course, which ran parallel to the coast with a couple of switchbacks, began at a point of land called Torre Fare and ended at the sports center in Messina.

decided to see if she could find us at the train station. Talk about luck! With Suzie as our guide, we found the bus that would take us to the Faro hotel.

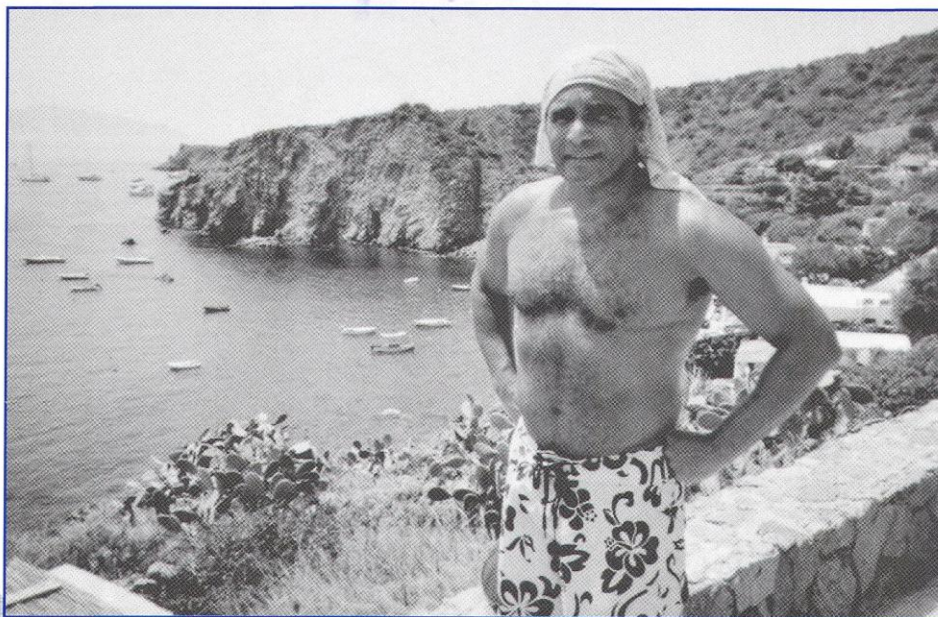
Around five that evening the swimmers met in the hotel lobby. They were all from Italy except for one East Indian girl, Suzie and myself. One team, in fact, was semi-professional, swimming for the Naples police. We then were taken to a sports center where we were assigned pilots and told about the course the swim would take. After a late dinner, we turned in for the night. It had been a long day.

FEW DAYS LATER, the dawn of the swim arrived. We woke up at five AM and had a breakfast of bread, jam and coffee. The night before, I bought some bananas and bottled water for the swim. The swim kicked off at a beautiful tourist complex. Each of the 18 swimmers had his or her own boat with a pilot and an observer, plus someone to pass food and water to the swimmer. The weather was stifling, about 90 degrees with high humidity.

The 25-kilometer course, which ran parallel to the coast with a couple of switchbacks, began at a point of land called Torre Fare and ended at the sports center in Messina. We jumped in at about eight o'clock and had a smooth start. Pretty savvy as to where the best currents were, the pilots kept us 30 feet off the shoreline. About six kilometers into the swim, the people on my boat started yelling at me to get back into the boat. They said the swim was cancelled: someone had been hurt. How it happened and who had been hurt, no one seemed to know.

As it turned out, one of the lead boats had accidentally run over and severed the arm of a scuba diver who had neglected to put a "diver below" flag on the surface above her dive spot.

We hung around at the swim's starting place then headed back to the sports center in Messina, with lots of discussion and arguing going on the whole time. The swimmers from Naples



Duke — enjoying Italy.

seemed more upset than the rest of us, insisting that some kind of swim be held. In the end, the decision was made to hold a 10-kilometer swim that would start at the sports center and head up the coast and back. So the 8 AM swim was now a 3 PM, which threw me off completely. I plunged in with my fellow swimmers anyway. I felt very dehydrated three hours later, when I finished the swim. I was disappointed in my time, but at least I wasn't the last one in. Suzie did all Dolphins proud by finishing first among the women. What surprised both of us was that a couple of the Italian swimmers dropped out because the water was too cold. For us, the water was too warm, like swimming in a bath tub.

The awards ceremony that night, which included a full dinner, lasted for several hours. The Italians are very thorough when it comes to this sort of thing and gave a large trophy to every swimmer, including the two who had dropped out. When I asked an Italian swimmer why everyone got such a huge trophy, he remarked that without such trophies few swimmers would ever participate in the swims.

Anyone who wants to do open water swims in Italy can count on a pleasant and rich experience. Most Italian swim clubs are very generous in providing lodging for participating swimmers and they invite swimmers from all over the world to enter their races. Italy pretty much closes down for the month of August, so that's when most swims are held. There is a Website available where you can determine the swims held in Italy and you can join up: www.nuotomaster.it.

I can honestly say that this swim in Sicily turned out to be one of the best and most interesting vacations I ever had. 🐬

RIDING HIGH AT MONO LAKE

by Krist Jake

IF TAKING A SWIM IN AN UNUSUAL and dramatic place amid thousands of birds, millions of shrimp and millions of, well, flies, captures your imagination, then take a trip to Mono Lake, just beyond the eastern slope of the Sierra Nevada near Yosemite. Mono Lake won't rank high on your list of favorite swimming holes if you want the conventional tree-ringed lake and clear water. If, however, you keep an open mind about Mono Lake's biosystem, and your scorecard for swimming holes gives a nod to factors such as history, ecological significance, and uniqueness, you'll find the idea of a dip in Mono Lake compelling.

After Mark Twain called the large (65-70 square miles) lake the "the dead sea of California," Mono Lake's public relations department needed a big boost. It got one, finally, in 1992, when the Mono Basin Visitors Center was completed, becoming the focal point for public education programs conducted by rangers of the US Forest Service. This spacious, well-sited architectural gem is only 15 miles downhill from Yosemite's Tioga Pass entry station and should be on your itinerary if you're anywhere in the neighborhood.

Over the years, I'd made several visits to the lake, but I'd never given a thought to actually swimming in its unusual waters. On a visit last August, though, two rangers, including the veteran naturalist who leads lakeshore walks, independently pitched the idea of a swim. I had to try it.

The Lake

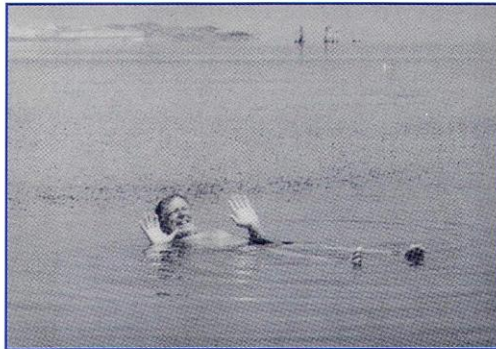
MONO LAKE'S SETTING IS SPECTACULAR. It rests on the western edge of the Great Basin, with miles of plateau to the east, the

Mono Craters (North America's youngest mountain range) to the south, and the Sierra Nevada ridgeline just a few miles to the west. Mono Lake is one of the Great Basin's five terminal lakes, which means that water leaves them only by evaporation. Like the other four, including the Great Salt Lake, Mono Lake is *salty*. The level of its saltiness, which varies depending on the lake's water level, is currently about three times greater than the Pacific Ocean's.

This high level of salinity, as well as other distinctive characteristics of the lake's waters, provide a one-of-a-kind habitat for Mono Lake Brine Shrimp, which are about a half-inch long and almost completely translucent. As there are trillions of them, scooping up a cup of lake water offers you a chance for a close look.

Besides the shrimp, the lake's other unusual and prolific native animal species is the alkali fly, which in number are said to be right up there with the shrimp. Certainly there were more flies concentrated in one place than I've ever seen, and I've seen enormous swarms in Alaska many times. The larvae of these alkali flies were such a food staple of the local Native Americans that in their language Mono means "fly people."

Together, the brine shrimp and alkali flies support another unique inhabitant of Mono Lake: birds. Since the lake's high salinity rules out any predatory fish life, birds have the shrimp and flies pretty much to themselves. In addition to serving as home base for many birds, and as the breeding ground for 90% of the Bay Area's California Gulls, Mono Lake is situated strategically for scores of migrating species. Among them is the Wilson's Phalarope, a water bird that arrives in July from its summer habitat in southern Canada. For several weeks, these elegant birds gorge on shrimp, doubling their normal weight



A bird perhaps more in tune with "Dolphins" is the Eared Grebe, a ducklike diving bird that stops at Mono Lake on its way to Mexico. In October up to a million and a half to two million Eared Grebes gather on Mono Lake's shrimp-rich waters.



Mono Lake Tufa formations.

from two to four ounces. And they need every bit of that fat, for at the end of their Mono stopover, they take off on a journey to the alkali lakes of their winter home in the Andes of Bolivia and Argentina, 3000 miles away. And they do it by flying nonstop for several days!

A bird perhaps more in tune with Dolphins is the Eared Grebe, a ducklike diving bird that stops at Mono Lake on its way to Mexico. Feeding, sleeping, and courting on the water, and building nests on floating mats of grass at the water's edge, these birds are water birds through and through. In October, when their population reaches its peak, up to a million and a half to two million Eared Grebes gather on Mono Lake's shrimp-rich waters.

In the 1970's, the lake level had dropped to about 35 feet due to reduced inflows caused by feeder-stream diversions of the Los Angeles Department of Water and Power (LADWP). Scientists noticed that the lake's increased salinity was having a deleterious effect on the brine shrimp and alkali flies, and, consequently, on the various bird populations. Much litigation ensued, including novel, pathbreaking arguments by advocates for Mono Lake and the trout in the streams that flowed into it. In a 1994 settlement, the LADWP agreed to limit feeder-stream diversions to allow the lake's level to rise and, thereafter, to manage diversions so the lake level would remain high enough, and salinity levels consequently low enough, to ensure the health of the lake's wildlife.


Centuries ago, when the lake's water level was higher, ground water percolating up into Mono Lake precipitated out columns

of bicarbonate soda. As the lake level has dropped, these formations, called tufa, have been exposed and now stand as natural sculptures, making the Mono Basin an art gallery of sorts. To protect these fragile, mostly limestone formations, which resemble stalagmites, the California legislature established the Mono Lake Tufa State Reserve in 1981.

The Swim

A GOOD PLACE TO SWIM IS THE SOUTH SHORE'S Navy Beach, where the water temperature in August is around 70 degrees. It was windless the morning I swam, so the lake, framed by the surrounding jagged mountains and punctuated by tufa columns, had a reflective, silky appearance. Luckily, the alkali flies apparently dislike people, scattering out of your way when you're within a foot or so. Using the breast stroke, and riding high because of the lake's salinity, you can swim easily, taking in a sight that can only be described as other-worldly with thousands of flies rising off the water as you approach.

For those who aren't intrigued by such a swim, kayaks are available to rent, and on weekends the Mono Lake Committee offers guided canoe trips for a modest fee. If you like to swim, though, I highly recommend taking a dip in Mono Lake: there's nothing else like it and you'll remember it always.

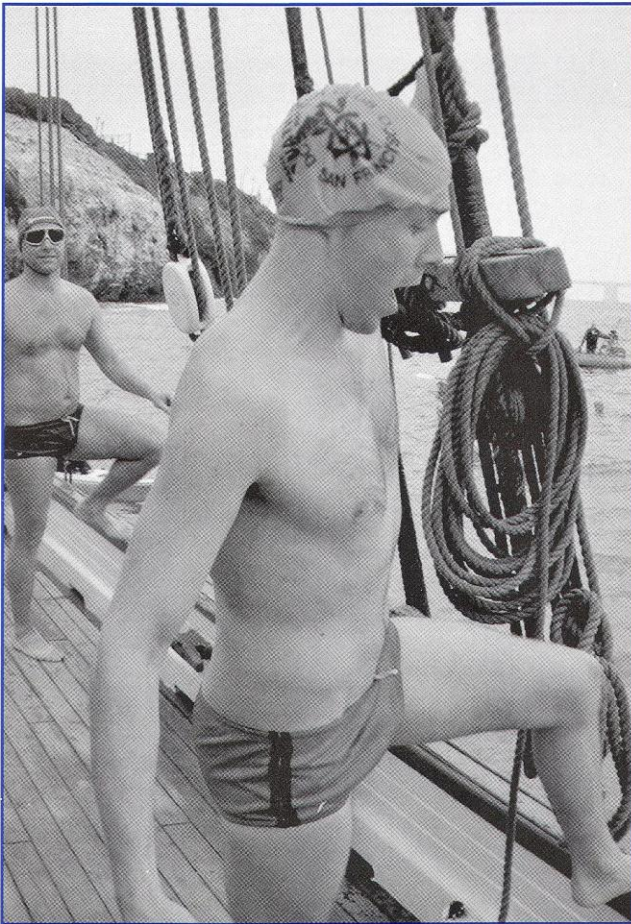
Underscoring the lake's ecological value, the US Congress, in 1984, created the Mono Basin National Forest Scenic Area to protect the region's significant geologic, ecologic, and cultural resources. You can find more information at the website of the Mono Lake Committee, <http://www.monolake.org>. 



Above: New and old life members at the 2003 Old Timers Dinner. Right: New Life Members — left to right, front row: Kathy Huang, Suzanne Heim, Brian Gilpin, Bobby Dykas, Mineko Gallic; back row: Vince Huang, Rich Cooper, Louise Bea, Carlos Bea, Katy Maloney.

Photos - 2003 John Perino

DOLPHIN LOG SWIM STATISTICS



Tom Keller

THANKS TO ALL WHO RESPONDED to the swim survey carried in the last *Log*. There are a few changes in the swim program. (1) ALL swims in Aquatic Cove are open to everyone, even if you have been a member less than six months. (2) All cove swims are free of Club Swim Program fees. For insurance reasons, however, you do have to be a member of Pacific Master's Swimming (PMS). If you don't yet have your card, you can register by sending in your application and the \$30 membership fee to the address on the application form. You can find forms in the Swim Commissioner's slot in the mail room next to the elevator or by asking me. Fees for the Club Swim Program have been reduced to \$39 and are payable only if you do an out-of-cove swim. If you are shooting for the Gate or Alcatraz swim this year, there is a \$10 surcharge for each of those swims.

A potluck has been added for the Fourth of July. The Bay Bridge swim also returns! A lot of interest has been stirred up for a "Swim Clinic" so check the bulletin board in the lobby for updates.

We will also regularly update the "Latest News" section of the

For the first time, the *Alma*, a vintage scow, ferried swimmers to Alcatraz for the Club's annual fall swim. It was, as Commodore Lou said, the finest start of that swim in memory, and he's got a long one. Only the barge dog, Joe, alarmed when people jumped in and didn't come back, found the day less than perfect. Megan Sullivan, luckily, was there to record it all in these photographs.

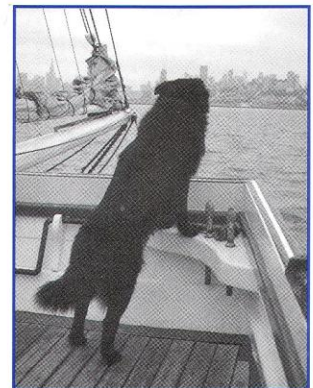
Dolphin website so check it out to stay informed. All the ins and outs of the swim program are covered in a piece by Ted Tilles that the site will soon carry. It's especially helpful for new members. In other news, Phil Scarbrough and Duke Dahlin are going to England in early August to attempt the English Channel crossing. If you see them in the water, cheer them on. Neala Kendall, who wrote about participating in the Monterey Bay Relay in the last *Log* has been accepted in the Manhattan Island Swim. Good luck to you all!

If you have a question, please seek me out, put a note in my mail box or call me at (415) 927-2603. I welcome your input.

Yours swimmingly, Suzie D.

CORRECTIONS: In the 100-mile swim, Ed DeCossio was inadvertently omitted. He finished with 112 miles. In the Alcatraz Swim, Pavla Podolska swam a modified course and should have been listed last.

In Swim Program Rules, #2 swimmers must wear fluorescent orange caps only on out-of-cove swims; and #4, only out-of-cove swims are barred to new members during their first six months.

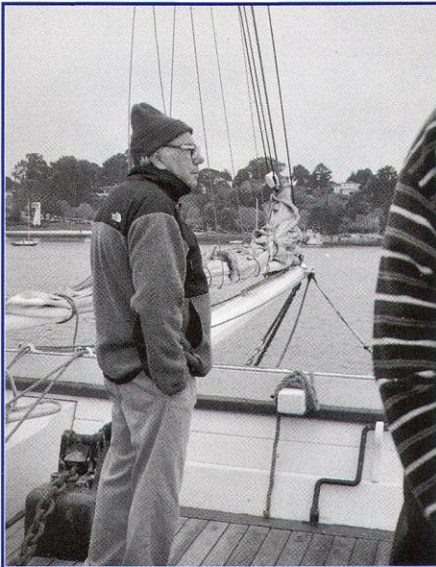


Joe, worried

New Year's Day Alcatraz 2003

1. Suzanne Heim-Bowen	26.58, DC
2. Paul Sagara	28.40, SERC
3. James Knight	31.19, SERC
4. Alex Johnston	31.25, SERC
5. John Ottersberg	31.26, DC
6. Laura Burtch	31.27, DC

DOLPHIN LOG SWIM STATISTICS



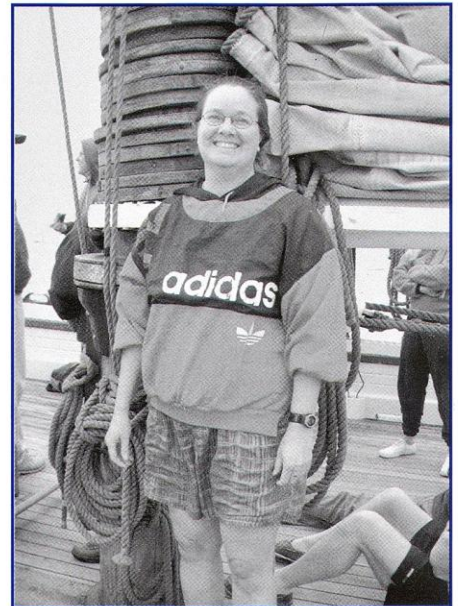
Lou Marcelli

7. Si Bunting	32.00, DC
8. John Selmer	32.47, DC
9. Tim Reid	33.58, SERC
10. Candace Kelly	34.28, DC
11. Andreas Kohler	34.28, DC
12. Carolyn Stroebe,	34.42, SERC, fins
13. Adam Engleskirchen	35.10, DC
14. Duke Dahlin	36.00, DC
15. Nathaniel Price	36.10, SERC
16. Rick Barthels	36.26, SERC
17. Philip Scarborough	36.59, DC
18. John Hathaway	37.17, SERC
19. Ralph Wenzel	37.23, DC
20. Gregg Adam	37.42, SERC
21. Ali Hall	38.09, DC
22. Jon Nakamura	38.37, DC
23. Laura Woodhead	39.18, SERC
24. Laura Colette	39.25, SERC
25. Joanne Desmond	40.30, DC
26. Mick Lavelle	40.30, DC



27. Kristine Buckley	41.10, SERC
28. Gary Emich	41.10, SERC
29. Suzie Dods	41.33, DC
30. Jenna Howell	41.41, SERC, fins
31. Tom Paul	41.50, SERC
32. Brian Herrick	41.56, DC
33. Phil Rollins	42.02, DC
34. Ted Tilles	42.25, DC
35. C. V. Blankenberg	42.34, DC
36. Jim Miller	43.08, SERC, fins
37. Jennifer Lamers	43.33, DC
38. Mike Johnson	44.15, SERC
39. Nancy Iversen	44.30, SERC
40. Larry Scroggins	44.38, DC
41. Drew Downs	44.52, SERC
42. Elodie Harms	45.05, DC
43. Tom Carlson	45.30, SERC
44. Sunny McKee	45.35, DC
45. George Rehmet	45.35, SERC
46. Hugh Kim	45.67, DC
47. Mark McKee	46.16, DC
48. Peter McLaughlin	46.48, DC
49. Dianna Wygant	47.29, SERC
50. Joe Illick	47.29, DC
51. John Finnigan	47.35, SERC, fins
52. Krist Jake	47.54, DC
53. Laurel Condro	48.06, SERC
54. Pat Tomada	48.55, SERC, fins
55. Neal Powers	49.10, DC
56. Lee Block	49.08, SERC, fins
57. Tom Kuglen	49.43, DC
58. Paul Carlstrom	50.00, SERC
59. Peter Mundy	50.00, SERC, fins
60. Mike Lagios	50.30, SERC
61. Rick Avery	50.58, DC
62. Joe Bracco	51.20, SERC
63. Naphtali Hal Offen	51.20, DC
64. Jim Frew	51.30, DC
65. Pedro Ordenes	51.32, SERC
66. Bruce Armbruster	52.06, SERC
67. Tom Linthicum	53.02, SERC
68. Keith Nowell	53.53, SERC
69. Art Poster	54.32, SERC
70. Chris Trotta	54.42, SERC
71. Andy Field	55.05, SERC
72. Rey Hassan	55.32, DC
73. Jordan Destabler	56.08, SERC
74. Gary Aguiar	56.23, SERC
75. Bill Wygant	57.25, SERC
76. Pat Peyton	59.53, SERC
77. Carol Nobs	1.17.00, SERC
78. Dave Maloney	DNF, SERC

PILOTS/HELPERS: Susan Allen, Ray Artigues, Marcus Auerbuch, Louise Bea, John Blackman, Carol and Jerry Block, Eduardo Barranco, Natacha Bernie, Paul Brady, Peter Butler, Mary Cantini, Barry Christian, Susan Cobb, Rich Cooper, Ken Coren, Peter Drino, Gary Ehram, Stu Etzler, Jim Fagan, Becky Fenson, Ken Frank, Jim Frew, Nancy Friedman, Ali Hall, Don Harrison, Margaret Keenan, Phil Kohlenberg, Pat McGarvey, Jackie Merovich, Hal Offen, Dan Osborne, John Pelka, Al de la Pena, Phil Reif, Phil Rollins, Emily Roth, Joe Schatz, Matthew Sheridan, Jude Stalkes, Jenny, Eric, and



Suzie Dods

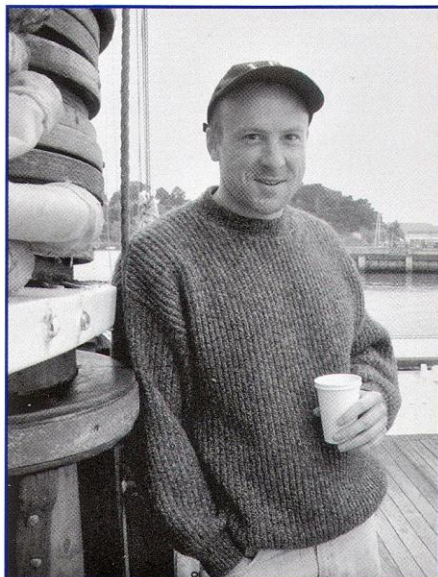
Conrad von Blankenberg, Dave Zovickian.

Gas House Cove Swim January 19, 2003

Conditions: Very rough, choppy seas

1. Si Bunting	18.48
2. Laura Burtch	19.48
3. Ralph Wenzel	20.00
4. Duke Dahlin	20.33
5. David Rich	20.59
6. Rebecca Tilley	23.31
7. Larry Scroggins	23.59

DOLPHIN LOG SWIM STATISTICS



Tom Kuglen

9. Joe Illick	24.19
10. Mark McKee	24.41
11. Ted Tilles	25.03
12. Mary Alex	25.08
13. Todd Oppenheimer	25.14
14. Neal Powers	25.24
15. Susan Cobb	25.50
16. Rick Avery	26.08
17. Robin Rome	26.28
18. Mark Mullen	26.36
19. Jackie Merovich	26.48
20. Amanda Fin	27.08
21. Hal Offen	27.23
22. Adam Goldberg	27.28
23. Ken Coren	27.40
24. Richard Haynes	29.17
25. Tom Dugan	29.35
26. Sue Garfield	31.01
27. Omer Thompson	31.28
28. Anthony DuComb	31.30
29. Rich Livingston	31.50
30. Ed De Cossio	32.21
31. Debbie Rose	34.18
32. Will Powning	34.41
33. Noel Frelicot	35.14
34. Joe Mannion	37.15
35. Paul Brady	39.23
36. Natasha Bernie	39.42
37. Pavla Podolska	45.00

Wetsuit Division

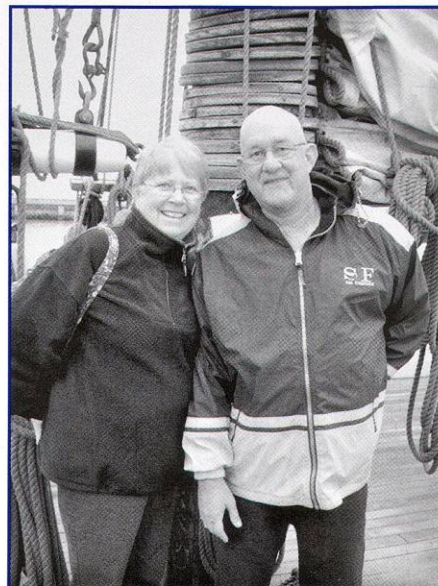
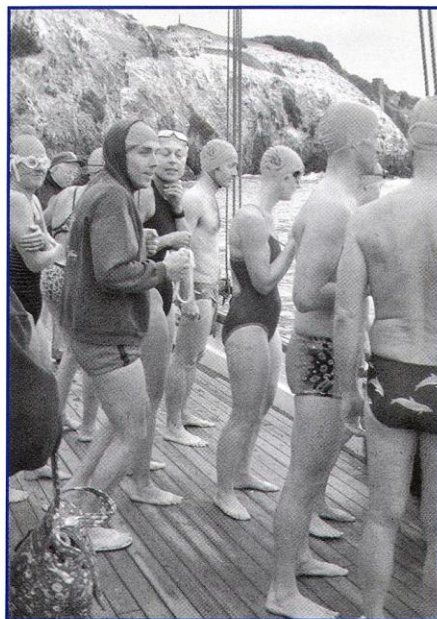
1. Connie Wellen	31.08
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HELPERS: Ken Coren, Scott Haskins, Krist Jake, Hugh Kim, Kim Kinkella, Jay Marston, Pat McGarvey, Nori Mannion, Dan McGill, Mary Ott, John Ottersberg, Pavla Podolska, David Rich, Phil Rollins, Omer Thompson

PILOTS: Susan Allen, Ray Artigues, Pete Bianucci, Peter Butler, John Blackman, Mary Cantini, Rich Cooper, Gary Ehram, Jim Fagan, Ken Frank, Rey Hassan, Hal Irish, Margaret Keenan, Phil Kohlenberg, Dan Osborne, Al de la Pena, Cynthia Skovlin,

Winterfest Cove Swim February 2, 2003

1. Tom Keller	23.16
2. Jennifer Lamers	25.18
3. Natazha Bernie	25.23
4. Richard Haynes	26.36
5. Rick Avery	28.29
6. Napthali Hal Offen	28.47
7. Era Osibe	28.49
8. Neala Kendall	28.49
9. Joanna Desmond	32.16
10. Will Powning	34.25
11. Mary Alex	36.39
12. Drew Sullivan	42.53 (double cove)



Conrad Liberty and spouse

13. Susan Cobb	43.42
14. Amanda Finn	43.54
15. Sue Garfield	48.26 (double cove)

HELPERS/PILOTS: Susan Allen, Ed DeCossio, Joanne Desmond, Suzie Dods, Andrew and Joe Ferrero, Sue Garfield, Colin Gift, Richard Haynes, Tom Keller, Hugh Kim, Phil Kohlenberg, Jennifer Lamers, Pat McGarvey, Laura Merkl, Neal Powers, Phil Rollins, Drew Sullivan

Pier 43 Swim February 9, 2003


1. Suzanne Heim	16:35
2. John Ottersberg	17:27
3. Neala Kendall	17:39
4. Candace Kelly	19:06
5. Laura Burtch	19:25
6. Ralph Wenzel	20:00
7. David Rich	20:36
8. Mickey Lavelle	21:42
9. Alan Budenz	22:42
10. Joanne Desmond	23:18
11. Joe Illick	23:40
12. Larry Scroggins	23:41
13. C. V. Blankenberg	23:52
14. Ted Tilles	24:12
15. Sunny McKee	24:51
16. Mark McKee	25:51



17. Krist Jake	25:56	23. Napthali "Hal" Offen	29:16	Bielinski, Paul Brady, Rich Cooper, Tom
18. Hugh Kim	26:10	24. Natasha Bernie	29:31	Dugan, Gary Ehram, Jim Fagan, Ken
19. Rich Avery	26:50	25. Lorna Newlin	29:51	Frank, Jim Frew, Roger Hanson, Don
20. Mark Mullen	27:01	26. Noel Turner	30:25	Harrison, Brian Herrick, Hal Irish, Tom
21. Neal Powers	27:03	27. Tom Bishop	31:44	Keller, Al de la Pena, Cynthia Skovlin, Jeff
22. Susan Cobb	27:35	28. Rey Hassan	31:52	Wieland 

29. Omer Thompson	33:22
30. Sue Garfield	33:23
31. Dierdre Hussey	34:16
32. Suzie Dods	34:27
33. Ed DeCossio	35:16
34. Joe Mannion	36:02
35. Noel Frelicot	37:30
36. Era Osibe	37:41
38. Sarah McCuskey	40:57
39. John Theede	41:55
40. Phil Kohlenberg	48:25
41. Pavla Podolska	49:36

Tom Bishop, Rudy DeMay,
Graham Foxe, Sue Garfield, Rey Hassan,
Pat Howard, Joe Illick, Sarah McCuskey,
Pat McGarvey, Sunny McKee, Mark
McKee, Jackie Merovich, Jon Nakamura,
Dan Osborne, Mimi Osborne, Mary Ott,
Pavla Podolska, Neal Powers, Phil Rollins,
Heather Royer, Stacy Singleton, Noel
Turner, Noah Zovickian

Susan Allen, Ray Artigues,
 Marcus Auerbuch, Pete Bianucci, Jon
 Bielinski, Paul Brady, Rich Cooper, Tom
 Dugan, Gary Ehram, Jim Fagan, Ken
 Frank, Jim Frew, Roger Hanson, Don
 Harrison, Brian Herrick, Hal Irish, Tom
 Keller, Al de la Pena, Cynthia Skovlin, Jeff
 Wieland 

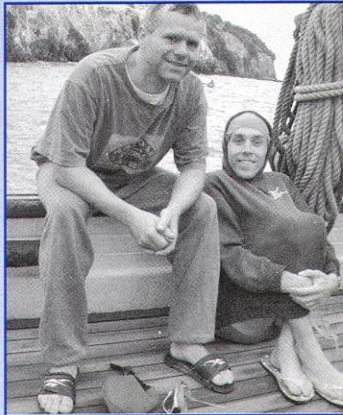
Swimming in the Bay is inherently risky. Bay swimming outside the Aquatic Park Cove in heavily trafficked San Francisco Bay may present even greater risks. Accordingly, the Dolphin Club enforces the following rules regarding out-of-cove (defined below) swims which:

- (a) are not club swims (defined below) and
(b) which use club facilities (defined below).

Since private out-of-cove swims (defined below) are the sole responsibility and risk of the participants, the Club may ask for written release of liability from each participant. Any advice rendered in connection with such a swim by any Club member, whether or not an officer or Board member of the Club, is not rendered by or on behalf of the Club or by such person in his or her capacity as a member or official of the Club.

Failure to obtain required consent for private out-of-cove swims using Club facilities is grounds for the following member sanction: First Offense: One-year suspension from competing in Club swims.

Second Offense: Expulsion from the Club without right of reinstatement.



Club swim means those swims published by the swim commission in the Club's official swim schedule, or other swim events scheduled by the swim commissioner as a part of the Club's organized swim program.

Required Consent means consent to the swim (a) by the Club's

head swim commissioner and (b) consent of the Boathouse Captain to use Club facilities.


Club facilities means any real or personal property of the Dolphin Club, including, without limitation, boats, radios, dock, wet suits, clubhouse, showers, sauna, etc.

Out-of-cove means any part of the Bay outside the perimeter

defined by Muni Pier, the breakwater and Hyde St. Pier.

Private out-of-cove swim: any swim that (a) is not a club swim, (b) occurs in whole or in part out-of-cove and uses or involves Club facilities.

While the above rules may be susceptible to "stretching" or contain "loopholes," the point of the rules is clear. These rules are intended to apply if a wet or cold participant may ultimately (directly or indirectly) end up in Club facilities. For example, even if a swim does not technically end up at Club facilities, if participants return to the Club facilities wet or cold (as opposed to flushed, warm and dry), the swim is subject to consent rules. Likewise, if any Club equipment is used in a swim that does not otherwise involve Club facilities, the swim is subject to consent rules. If you have any doubt regarding whether a proposed swim or row is subject to the above rules, ask the head Swim Commissioner.

The above rules do not attempt to limit your freedom as a private citizen to conduct swims that are wholly unrelated to the Club and that do not in any way involve Club facilities. All swim events, whether in or out-of-cove, that involve Club facilities are subject to required consent rules. 

PRESIDENT'S REPORT

THE OLD-TIMER'S DINNER THIS PAST MONTH raised for me the following question: what are our individual and collective roles as members of this treasure – the Dolphin community? Evidence in the improvements of our physical location point to some answers.

The club has been successful in upgrading and maintaining our plant and boats. Just this past year, the pier had a major face-lift, and minor projects in the boat house, weight room and women's locker room have been addressed. For 2003, plans are afoot to paint the building and work to rebuild the foundation under the kitchen should be by now about done.

I have previously reported that the concern over our insurance coverage has been openly discussed and resolved. This issue reports on the passage of a party policy that welcomes greater non-exclusionary usage of the facility for events of member's interest.

With over 900 diverse members utilizing the club, cooperation and respect for all are paramount virtues. The Board and others in leadership positions have grappled with how to balance the free spirit of the membership with the need to protect the club from unnecessary liability exposure and to ensure that all feel welcome everywhere in our Jefferson Street location. The result of this work is below. Please don't hesitate to contact me or any other Board member with your questions or concerns.

- Anthony W. DuComb

New Policy on Club Functions

For years, it has been the policy of the Club that members seek approval from the Board to sponsor, hold, or arrange large functions. For most of those years, confusion, misuse, and inconsistency have characterized many aspects of the entire process, including what criteria are used by the Board to approve or deny requests. In addition, some smaller functions have just about taken over the club, although they had never sought Board approval.

Several attempts were made over many years to develop some kind of party policy, but nothing concrete was ever produced. In mid-2002, Club President Anthony DuComb appointed a committee of five members to study the matter and present to the Board a policy that the Board and Club could use effectively. The five members were Phil Rollins, Neil Hartnett, Meg Reilly, Sid Hollister, and Susan Cobb. During the several open meetings the committee held at the Club, a number of Club members weighed in with their opinions and observations.

In December, although not all committee members agreed with every aspect of the proposal, the policy the committee had developed was presented to the Board, which almost unanimously approved it. That policy is presented below.

The intent here is to establish a policy that allows for functions to take place that are of interest to a majority of members but do not interfere with the normal Club use by other members. The Board welcomes any additional comments on the policy.

DEFINITIONS OF GATHERINGS

Small informal gatherings of primarily club

members (and their families): These gatherings are appropriate and encouraged to the extent that they do not interfere with the enjoyment of the Club by non-participants or cause other problems. Every member participating in these gatherings is responsible for his/her own behavior and for that of his/her guests, for any damage caused and for cleaning up after the gathering. (Before you leave, please check the soon-to-be-posted list in the kitchen to make sure all clean-up tasks are done and be especially careful to put out candles and coals and turn off gas ranges and ovens.). The following are not permitted:

- Direct or indirect charge for participation
- Sale of alcohol or other sales
- Commercial or business uses
- Gatherings that would attract more than a small number of participants
- Gatherings that are exclusionary
- Gatherings that monopolize the kitchen to the exclusion of others
- Gatherings that conflict with Club-sponsored uses

Large Gatherings: Large gatherings affect other uses of the Club and carry special concerns (e.g., compliance with fire codes and other safety issues). Any member can propose an idea for a large gathering, which should always be of general interest to the membership, but all such gatherings are sponsored solely by the Club. Large gatherings are subject to prior approval as discussed below.

SPIRIT AND INTENT OF THE POLICY

For a variety of reasons, the Club does not rent its facilities to members or non-members. It is a guiding principle that club facilities are here for the enjoyment of all members. Small social gatherings of primarily members that are

a by-product of general club activities occur frequently and are encouraged (e.g., full-moon swim potlucks, pier-to-pier potlucks, post-swim breakfast, etc.). By contrast, private social gatherings that impair the enjoyment of the Club by other members are not permitted. Gatherings that are exclusionary in nature or consist primarily of non-members are not allowed.

Large gatherings are not considered compatible with the general enjoyment of the club *unless* the purpose of the event is of general interest to the membership. Accordingly, large private parties sponsored by non-members are not permitted. From time to time, the Club schedules large gatherings of general interest to the membership. The Old Timers Dinner, the Pilot Appreciation Dinner and the Holiday Party are examples of these. Others may be proposed by Board and non-Board members. The number and type of large and small social events is defined largely by the willingness of volunteers to manage them well.

APPROVAL PROCEDURES:

All social gatherings require adequate management. To that end:

Small informal gatherings are self-managed by the member participants who are responsible and accountable for the impact of their activities. These gatherings do not require pre-approval. Any informal get-together that results in complaints, however, will be investigated. If complaints persist over time, they may result in a requirement of pre-approval for future events. Complaints about any informal gathering should be reported immediately to the President in writing with specific names, dates, and other details.

Proposals for large social gatherings are cleared through the President in writing at least five (5) weeks before the proposed event date. The President may disapprove unacceptable proposals. Proposals the President finds acceptable under these guidelines must be presented to the Board of Governors, in person, by the person(s) making the proposal. The proposal must provide sufficient detail to ensure that the event is appropriate in nature (i.e., of general interest to the membership) and will be appropriately managed. Approval of large social gatherings is at the sole discretion of the Board of Directors, which will review the following factors, among others:

- ✧ The purpose of the event is of general interest to the membership
- ✧ The event will be well publicized
- ✧ The number of participants expected
- ✧ Date and time of the event and any potential conflict with other Club activities
- ✧ The event will occur within normal Club hours, unless there are special circumstances
- ✧ There will be an adequate number of volunteer managers to plan, setup and oversee the event and to clean up when it's done.
- ✧ The scope of activities (e.g., potluck, sit-down meals, catered meals, programmed activities such as awards, dancing, etc.)

Dolphin Swimming &
Boating Club

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DOLPHIN CLUB SWIM SCHEDULE 2003

JANUARY 1	WED.	SOUTH END NEW YEAR'S DAY ALCATRAZ	9:30 AM
JANUARY 1	WED.	*NEW YEAR'S DAY COVE	11:30 AM
JANUARY 19	SUN.	*MIDWINTER GAS HOUSE COVE	9:00 AM
FEBRUARY 2	SUN.	*SPRING COVE / WINTER FEST	9:00 AM
FEBRUARY 9	SUN.	*MIDWINTER PIER 43	9:00 AM
FEBRUARY 28	FRI.	SADIE HAWKINS DARKNESS COVE / SPAGHETTI FEED OR POTLUCK	6:30 PM
MARCH 21	FRI.	END OF POLAR BEAR COVE / POT LUCK BBQ	6:30 PM
APRIL 13	SUN.	CRAZY COVE	9:00 AM
MAY 17	SAT.	*YACHT HARBOR	10:30 AM
JUNE 7	SAT.	*PIER 39	9:00 AM
JUNE 28	SAT.	*CRISSY FIELD	8:45 AM
JULY 4	FRI.	INDEPENDENCE DAY COVE / BBQ / FIREWORKS	5:00 PM
JULY 6	SUN.	*BAY BRIDGE	8:30 AM
JULY 19	SAT.	*TAHOE RELAY	
JULY 27	SUN.	*OVER 45 GAS HOUSE COVE	10:00 AM
AUGUST 2	SAT.	*SANTA CRUZ ONE MILE	11:00 AM
AUGUST 10	SUN.	*FORT POINT	8:00 AM
AUGUST 15	FRI.	SUMMER COVE / POT LUCK, BBQ	6:30 PM
SEPTEMBER 6	SAT.	ALCATRAZ	10:15 AM
SEPTEMBER 20	SAT.	JOE BRUNO GOLDEN GATE	9:30 AM
OCTOBER 5	SUN.	OVER 60 COVE / INTRODUCTION TO BAY SWIMMING	10:00 AM
OCTOBER 19	SUN.	DOLPHIN CLUB ESCAPE FROM ALCATRAZ TRIATHLON	9:00 AM
OCTOBER 26	SUN.	DOLPHIN / SOUTH END TRIATHLON	9:00 AM
NOVEMBER 1	SAT.	HANDICAP COVE	9:00 AM
NOVEMBER 8	SAT.	PILOT APPRECIATION DINNER	7:00 PM
NOVEMBER 27	THUR.	THANKSGIVING COVE	9:00 AM
DECEMBER 14	SUN.	NEW YEAR'S DAY QUALIFIER / CHRISTMAS PARTY	11:00 AM
DECEMBER 21	SUN.	POLAR BEAR STARTS	

ROWING TRAINING

JAN. 8	APRIL 19	JULY 20	OCT. 18
FEB. 22	MAY 24	AUG. 23	NOV. 22
MARCH 22	JUNE 21	SEPT. 21	DEC. 13

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled out-of-cove swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commission.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

Additional qualifications for Alcatraz and Golden Gate Swims

10. In-town members must successfully complete 2 swims marked with a wheel (⊗) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, nonqualified members will be given priority in qualifying swims.

DOLPHIN LOG

Fall 2003



NEWS AND NOTES...

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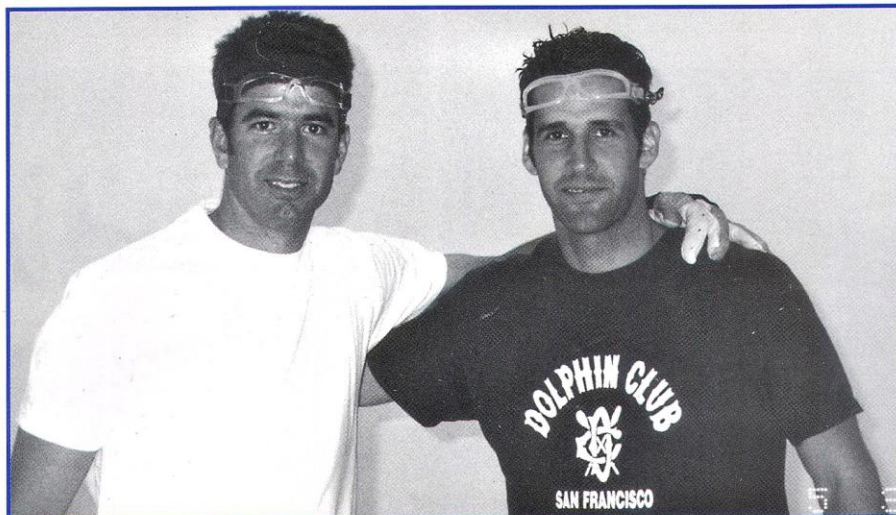


Photo: Paul Brady

Craig Lawrence and Aristotle Smith.

Handball Tournament Victory

ON MAY 4TH, the Dolphin Club's Aristotle Smith and Craig Lawrence won the B Bracket of the Cinco de Mayo Handball Tournament. Held every year by the South End Club, the tournament draws players from all over the Bay Area and beyond. Smith and Lawrence, who just started playing doubles together this year, won two matches on Saturday and two on Sunday, coming back from a big deficit in the finals to pull out the victory.

—Paul Brady,
Handball Commissioner

Ocean Advisory

WITH THE HELP OF wave models and countless hours of plotting by a group of committed community volunteers, the San Francisco Ocean Film Festival (SFOFF) is expected to reach landfall at Aquatic Park and Fort Mason in mid-January of 2004. Presenting feature documentaries and short form films with an ocean theme, the SFOFF will premiere at Fort Mason's Cowell Theater on January 9, 10, and 11. Whether your pas-

sion is saltwater sports, oceanography or coastal culture, you'll have the opportunity to sample a wonderful assortment of international films that convey the beauty, mystery, and fragility of the sea.

The notion of an Ocean Film Festival was the idea of Dolphin Krist Jake. An avid saltwater swimmer and fan of the annual Banff Mountain Film Festival, Krist saw an opportunity to create a similar "niche" festival to celebrate the sea and those who relish being on and in it.

SFOFF will be the first festival of its kind in North America. So far as SFOFF folks have been able to determine, the only other film festival that emphasizes subject matter from the sea is the Festival International du Film Maritime et d'Exploration, a week-long festival in Toulon, France. It has had a strong following for 34 years!

A number of notable organizations on San Francisco's waterfront have joined SFOFF as community partners. The Dolphin Club has stepped forward, as well

On The Cover

Summer on the deck, early '60s: (L to R) Emilio Massucco, Wally Smith, Jackie Powning, Ray Savigliano, Joe Davis (SERC), Jim Mayall, Bob Katurich, Hank Willinger, Bob Hoff and Dan Murphy. Photo: Jerry Hawryluck.

as the Gulf of the Farallones National Marine Sanctuary, Farallones Marine Sanctuary Association, The Marine Mammal Center, San Francisco Maritime National Historical Park, Institute for Fisheries Resources, Pacific Coast Federation of Fisherman's Associations, Golden Gate Yacht Club, and the South End Rowing Club. These partners will share their marine expertise by offering complementary programs to the festival's cinematic offerings. As a result, festival-goers will be entertained by a wide variety of marine experiences, and also become more aware of the structure and health of our oceans' fragile ecosystem.

The Ocean Film Festival has all the right elements to become an integral and sustainable part of San Francisco's educational and cultural tradition. If you would like to get involved personally or offer the assistance of your organization, please contact Krist Jake at info@oceanfilmfest.org. The festival's website is <http://oceanfilmfest.org>.

— Krist Jake

Kayaking Rules: Storage and Use

THE KAYAK OVERFLOW in our boat-houses has convinced the Boathouse Captain and the Boat Committee that a little reorganization is in order. To begin with, each kayak kept on Club property will be identified and numbered. Thereafter, anyone taking a kayak out of the Club for any reason must sign it in and out. Secondly, kayak owners must keep their boats in shipshape condition: all straps and fittings must be securely attached, drain plugs must be installed, each craft must be equipped with a painter (bow line) at least as long as the kayak and each kayak must have its identifying number attached.

Sadly, over the years our Club has become nothing more than a storage facility for some kayak owners. Some craft are never used at all.

The deadline to comply with these new rules is November 1, 2003. A sign-up sheet asking each kayak owner to identify his or her craft by maker's name and color will be posted in each boat-house near the kayaks as well as on the bulletin board inside the main pedestrian entrance to the Club. A numbered tag will then be attached to each boat by a member of the Boat Committee. Boats not identified by the deadline will be removed and sold, with proceeds going to the general Club fund.

These rules will be reviewed by the Board, which will also consider other proposals, such as requiring anyone keeping a kayak at the Club to use it in our swim program.

—The Boat Committee
and Boathouse Captain

2003 Escape From Alcatraz Triathlon

THIS YEAR'S "ESCAPE" Triathlon is just around the corner. Hopefully, everyone interested in participating has been putting a little time into preparing for this annual epic day of endurance. The 2003 race will take place Sunday, October 19th. The Dolphin Club is the race organizer and host. All participants must be a member of either the Dolphin or South End Clubs. Applications are currently available at both clubs.

This race is one of the oldest and most challenging triathlons in the world and is truly a memorable experience. A 1981 San Francisco *Examiner* article described how members Jack Bettencourt and Stan Hlynsky organized the first Escape that year, where they underscored importance of preparation. "You can be the fastest swimmer or best runner or have biked for years, but putting all three back-to-back is the thing," Bettencourt was quoted as saying. "Balance is the key." Hlynsky noted in the same article that talking to himself kept him from getting bored: "I'll never be at a

continued page 7

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11/19**

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THE DIRTY LITTLE SECRETS OF DRAFTING IN OPEN WATER

by Larry Scroggins

PART I

DRAFTING IS A COMMON PRACTICE in races on land. Bicycle racers rely on following another cyclist so closely that the leading rider takes the brunt of the wind resistance. Since air resistance is the major limitation in bicycle speed, most of the tactics in bicycle racing are based upon exploiting this effect. Car racers also rely on drafting to preserve fuel and reduce engine wear. What works in the medium of air works even better in a liquid medium. Since water is far denser than air, minor faults in swimming mechanics are more severely penalized than those in bicycle or car racing. Allowing a leading swimmer to plow gallons of water out of your way can have a dramatic effect on the outcome of a swim race.

While drafting has some limited application in pool swimming, open water racing is where the practice can achieve transcendence. In the open water, drafting has multiple purposes. You may want to use drafting to "climb a ladder" and finish several places higher than you normally would. You can employ drafting in order just to complete a long, demanding swim. You may even use drafting to get a little tow and take in the sights on a scenic swim. An especially devious use of drafting is to increase the odds of triumphing over your favorite rival swimmer.

Each application requires slightly different tactics, but a single standard technique is the foundation of drafting mechanics. In essence, all drafting is based on closely following the bicycle, the car, or the swimmer in front. In swimming, this specifically means keeping the lead hand of your stroke within thirty inches of the feet of the swimmer just in front of you. This simple rule is not necessarily easy to follow. For one thing, judging exactly where the feet of the lead swimmer might be is not quite straightforward. Clear water is a big help: you can readily see the feet and your job is much easier. As so often happens, though, in open water swimming, the water is murky, so it helps if the lead swimmer has a vigorous kick. Then you can concentrate on having your hand enter the water just behind the big splash. Unfortunately, many times you have to guess where the feet are and guessing is harder than you might

think. For one thing, your eyes are naturally drawn to the arms of the lead swimmer. From way low in the water it can look like those arms are a mile away. Keep in mind that a six-foot swimmer with good extension can make almost nine feet tip to toe. Add two or three feet for your own stroke extension and the perspective from behind can be very deceptive.

Another complicating factor in maintaining that thirty-inch gap is the fact that drafting works so well. When you pull within the prescribed distance, you actually get sucked into the lead

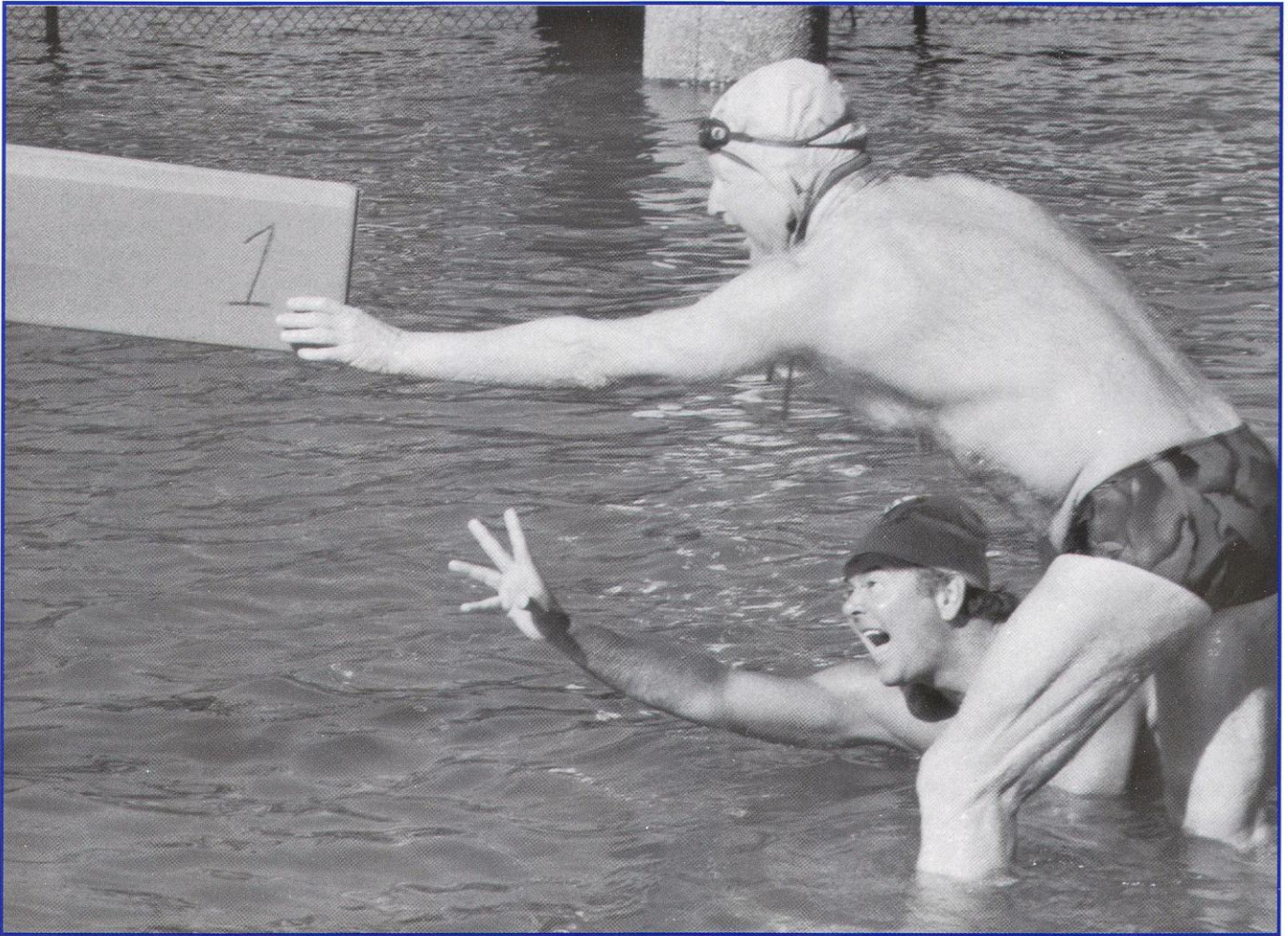
swimmer's wake. The next thing you know, you are touching (or even slapping) the feet of the swimmer ahead of you and that is a definite no-no. For one thing, groping the feet of a half-naked stranger is a little rude and most people don't appreciate it. For the competitive soul, the more important problem is that you have now tipped off the lead swimmer that you are drafting, which may provoke a series of counter measures.

The answer to this problem lies in choosing the appropriate adjustment to your stroke. Choose according to the speed of the lead swimmer relative to your own natural speed. If the lead swimmer is much faster, you may have to swim at top speed with full extension just to keep up, even with the benefit of drafting. This will usually not last long. If you are swimming full out, you cannot afford to pay much attention to the course the faster person is swimming. At

some point, they will zig and you will zag, and falling off their feet for even a couple of seconds is equivalent to throwing out a drag chute. They're gone and no amount of sprinting is going to bring them back.

IF THE LEAD SWIMMER IS NATURALLY only a little faster than you are, a good technique is to swim flatter in the water with less extension. It looks a little like a water polo stroke used to push the ball forward. Instead of swimming with a good hip rotation and arm extension, the chest stays pointed at the bottom and the shoulders stay more or less square to the forward motion. This will seem unnatural at first. You will think, "Good grief, I'm faster than I thought." But try pulling out and around, and you will suddenly find yourself swimming

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(or even slapping)
the feet
of the swimmer
ahead of you
and that is a
definite no-no.



Master drafter Conrad casts aside all subtlety... and Larry along with it.

for all you're worth and not gaining ground. Next thing you know, you'll have to slip back behind the lead swimmer and make like a water polo player again or kiss them goodbye. A first-class swim coach will cringe at this stroke, and it can cause shoulder problems if you're not used to it. As with all of these suggested stroke modifications, be sure to monitor your body. If it starts complaining, then you need to return to your normal stroke and build up to drafting longer distances.

If you are drafting someone who swims at your natural speed, you will need a tomahawk stroke. The foundation is the water polo stroke but the arms are bent at the elbow and the hand is bent at the wrist. It looks mighty sloppy, but it does the trick. In the extreme, you wind up doing a kind of strong dog paddle. You swim with your head up, your legs dragging, and your arms kind of pawing behind the feet of the lead swimmer.

As you might expect, the dog paddle has limited direct competitive function. It can't be beat for reconnaissance, though. You can lift your head well out of the water and sightsee when the swim venue is picturesque. You can also get an exceptional view of where the other swimmers and pilots are. You can even talk to a pilot without having to stop swimming. With your head well out of the water, you can look around and get a good sense of

where the faster water might be. You may also use this stroke to spot an even better drafting opportunity. Sometimes open water swimmers use backstroke or breaststroke to gain these advantages, but drafting adds more tactical possibilities and usually results in more speed and a better view.

At the other end of the speed spectrum, the full-bore drafting stroke is mainly useful only at the beginning of a race. Let's face it. Once the racehorses have left the gate, they're gone and you aren't going to see them until the showers anyway. But don't despair. You can draft them at the start, especially if you find a large, fast swimmer who displaces a bathtub-full of water. You have more margin of error with large swimmers because they create a bigger hole in the water. Depending on the conditions, successfully drafting a very fast swimmer will increase your normal top speed by as much as a third. Even if you eventually lose your lead swimmer, you'll still have a decent headstart on others in your speed range and can gear down to either finish the race on your own steam or find another tow.

The water polo and tomahawk strokes are multipurpose. You can use them throughout the race. For example, if you want to finish several places higher than normal and you have some

continued next page

Drafting continued from previous page

luck, you can climb the ladder. Climbing the ladder works when you find a pod of like-speed swimmers. By drafting one for a few minutes, you can store some energy for a sprint to the next farthest swimmer. Then you draft for a few minutes and sprint to the next farthest swimmer. You can think of it as interval training without the hanging on the side of the pool part. In the rare case when this works perfectly, you wind up ending the race in full-bore drafting stroke and amazing yourself and your friends with your finish.

A more in-your-face application of the water polo and tomahawk strokes is to beat a competitive rival. Near the end of a long race with strangers, it's obvious who swims at your equivalent speed—the person swimming next to you. In this case, you can tuck in behind the lucky candidate using the appropriate stroke. Touching toes at this point is a major blunder. Also, this is the stage of the race where a savvy competitor will be checking over the shoulder for potential drafters, so edge over to the side of the wake away from the lead swimmer's breathing side. If you are stealthy and lucky enough, you can draft the last two hundred to four hundred yards, saving energy for the final sprint. Drafting can easily deceive you into thinking you are faster than you really are. Resist the temptation to pull out too early. Instead, wait until there are no more than fifty yards left. Then, pull out on your rival's blind side. For example, if the lead swimmer is a right-hand breather, pull out on the left. If the competitor is a bilateral breather, time your pullout for when the swimmer has just taken a breath on your chosen side. That will give you another stroke and a half of surprise.

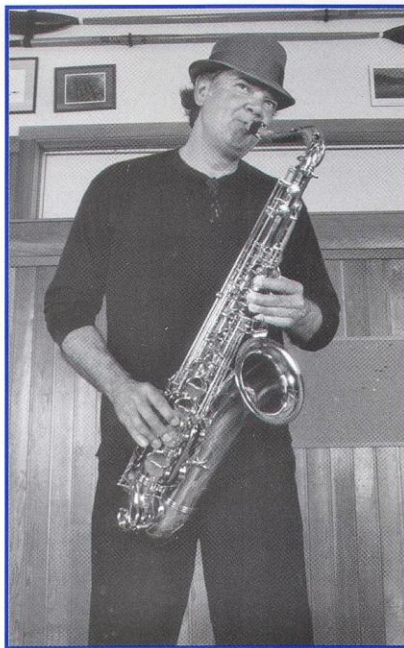


Photo: John Perrino

Larry giving a soulful rendition of "The Moonlight, Drafting, and You."

Another lucky circumstance is when you can draft a slightly faster swimmer during the entire race. This almost guarantees that you will place higher than normal. Unfortunately, a number of things work against this outcome. For one, if you know who the slightly faster swimmer is, the chances are that that swimmer knows you, too. Once you have drafted in a couple of events, you will quickly gain the reputation as a known drafter and other swimmers will move away from you on the beach, putting as many slow swimmers between the two of you as possible. For another thing, early in your drafting career, you may not have built the appropriate swim muscles for drafting. Part way through the race, you may start to feel strained. Also, you may think that the lead swimmer has picked a faulty line and try striking out on your own. It can also happen that you just get bored. Having to constantly follow another swimmer's rhythm of zigs and zags can grate on those independent spirits attracted to open water swimming. If you are able to overcome these obstacles and perform a start-to-finish draft of a faster swimmer, be polite and don't sprint at the end. The person was kind enough to tow you, so gratify yourself, instead, with the thought of placing at the top of your speed class.

Sick? Tired? Hung over? Drafting can have non-competitive uses as well. If you are swimming-impaired for whatever reason, you can use the water polo, tomahawk or dog paddle for all or most of the race. Or maybe you're worried about the distance. Drafting a near-same-speed swimmer will allow you to enjoy a swim without being fished out of the water completely exhausted, or dragging yourself out on the beach twelve places back of your normal finish. *Next issue: drafting counter-measures.* 🐬

Learning from a Master

CONRAD VON BLANKENBERG taught me the finer points of drafting, and used a fall Alcatraz swim as the classroom for his first lesson. Since this was my first Alcatraz swim, I wasn't thinking much about drafting; I was thinking more about finishing. We started from the beach on the west side of the island and headed back to Aquatic Park. The wind was blowing directly against a building ebb tide and the chop was kicking up, making it hard to stay oriented on your course or see other swimmers. It was comforting to

cross Conrad's path a couple of times. We even swam side by side for a little while. Upon reaching the opening to the Cove, I found myself in a group with three other evenly matched swimmers. Sprinting for the beach, I pulled in front of the group and dug deep for all the speed I had available. By the time we got to the Dolphin Club dock, I was still in the lead and swimming for all I was worth. But just as I got to the finish line, Conrad spurted ahead and finished more than half a length ahead of me. I had no idea where

he came from. Later, in the sauna, he delivered the lecture portion of the lesson. It turned out that he had drafted me all the way from the opening. He had taken note that I breathed exclusively on my right, so when it came time to pull out around me at the finish, he passed me on my left. I am still hopelessly right-handed when it comes to breathing, but now I peek to my left regularly at the end of races to check for wily drafters like Conrad.

— Larry Scroggins

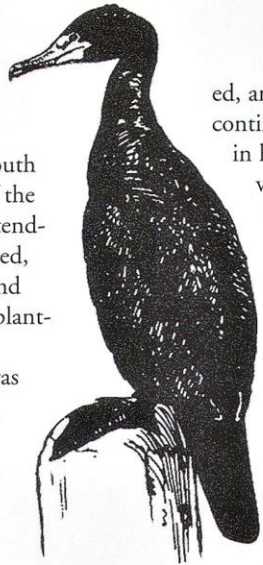
THE STRANGE TALE OF THE CORMORANT

by John Latta

PAUL DUBUOIS AND JOHN LATTA were hard at it in the *Farrell* one day back last October, working out for the Dolphin-South End Triathlon. They had paused just off the western tip of Alcatraz to discuss their intended course back to the cove. As the discussion advanced, they noticed a cormorant gliding toward the boat, and then were troubled to see that it had a fish hook implanted deeply in its jaw, with about two feet of leader draped loosely around its graceful neck. The hook was almost certainly preventing the bird from feeding itself.

The cormorant approached within six or eight feet of the boat, then turned and swam away. The two rowers lamented the fate of the poor creature, then returned to their discussion, which had progressed to a very polite argument by this point. Then the bird approached again, coming even closer this time. Thoughts turned to just how they might help it out of its misery. But again, the creature appeared to make a decision, and turned around and swam away. The "discussion" continued. Finally, the bird made a third approach and this time made it close enough for Latta to grab it by the neck and haul it into the boat. Resting in his lap, the cormorant exhibited little fear of its predicament. The lesser evil, perhaps.

John wrestled unsuccessfully with the hook, which was solidly imbedded in the bird's jaw. Clearly, a new strategy was needed,



ed, and a handy Leatherman tool provided the answer. John continued to hold the bird in his lap, while Paul turned around in his seat and used the pliers in the Leatherman, along with a very deft touch, to wrench the hook free. As the bird seemed to be resting comfortably, John loosened his grip on its body and only then noticed the wonderful feel of its feathers. They were luxurious to the touch — soft without being delicate, smooth but not at all oily — more like the fur coat of an animal than the feathers of a bird. During the entire operation, the bird pecked feebly at John's hand once or twice, but for all appearances seemed to understand that it was in good company and all was about to be better. Immediately after surgery, the sleek waterman (waterwoman?) was returned to his/her element and swam regally away. All was right with the world. A warm glow enveloped the two Dolphins as they rowed contentedly back to the Club.

Paul and John subsequently took second in the triathlon's heavy double competition, guided on their course, they claim, by the Bay's considerable flock of appreciative cormorants.

(EDITOR'S NOTE: *The rescued bird was probably a double-crested cormorant, a dark diving bird — juveniles have a pale breast — commonly seen in our cove and on the breakwater, where it will warm itself by holding out its wings. It has a gold pouch under its bill and during the breeding season the male sports crests on either side of its head, though they are often difficult to see. It swims with its head tilted upward.*)

Escape continued from page 3

loss out there for good conversation because I talk to myself the whole way, in the water, on the bike, and on the trail."

As its founders noted over 20 years ago, this challenging day will test your ability in the water, on a bike, and running a difficult trail. It starts with a swim from Alcatraz through the "opening" to our beach, where at the Dolphin or South End Club you will hop on your bike and cycle to "Old Mill Park" in Mill Valley where you will begin and end the infamous Double Dipsea run over Mt. Tamalpais to Stinson Beach and

back. Participants take anywhere from just under four hours up to seven hours to complete the event. Don't feel you have to run the Dipsea to enjoy the day; several participants walk the entire trail each year.

In order to help members prepare for the event and to provide some guidance for "virgin" Escapees, a series of group training sessions have been arranged. Check the Club bulletin board for the next session. These are informal gatherings of members where a member with experience has agreed to be a leader on some portion of the course. We have structured walks and runs

on the Dipsea, several swim/ bike transitions and a few swim/ run transitions to help everyone prepare. Come enjoy the camaraderie of your fellow participants.

We are also encouraging members to experience this day as a relay team. Teams can be comprised of 2, 3, or 4 participants. Recognition will be given to the fastest overall relay team along with the first all-women's, men's and mixed teams. Both clubs have designated someone to coordinate relay teams. Often, experiencing your first Escape as a relay leads to taking the

continued page 9

SOME PROPOSALS IMMODEST, AND OTHERWISE

by Sid Hollister

I WAS HANGING OUT THE OTHER DAY with Dawanna Kiik, ace swimming coach, and Phineas Oooheztoot (the h is silent), master of pressed buoys, ducks, and more exotic objects, when the subject of policies at the Dolphin Club bobbed to the surface of our low-fat, no-foam, latte-laced conversation. "Way too many as it is," Phinny said. "Right you are, Phinny," Dawanna said, in a supportive tone of voice she never uses at poolside. "I completely disagree," I said. "More policies are just what the Dolphin Club needs to move fully into the 21st century." A discussion began in earnest and by the end of it a bunch of new ideas were on the table. Space limitations allow me to cover only those the three of us felt would win warm support from Club members young and older.

First up: new policies for the swim program. To start, no suits will be allowed in out-of-Cove swims. None. *Nada. Rien du tout.* If *au naturel* is good enough for sea lions, it's good enough for Dolphins. And, of course, it will add a bit of raciness to the walks to Gas House Cove or Pier 39. What about wet suits, you ask? They will be allowed, but only if they are towed along behind the swimmer and not actually worn. Fins are also acceptable, so long as they are the kind sold by the one store for all our open-water needs – Phinny's. Made of a synthetic material reinforced by 23-gauge stainless steel screen, they come in just one length, five feet, and one color, Ragin' Cajun puce.

As for insulated caps, no more than four can be worn at once. That number, the three of us felt, guarantees any swimmer a big enough head to float high above the chop. From such a lofty vantage point, the course can easily be scoped out and swimmers can identify which pilot is screaming at them to get the ☺*%\$#@!☺* where they're supposed to be. Finally, only bilateral breathers will be allowed to participate. This policy will eliminate rancorous, towel-snapping arguments between those who fervently and exclusively favor either left- or right-side breathing and seems only fitting for San Francisco.

As you can imagine these policies are sure to greatly reduce

the number of participants in the swim program to a mere half-dozen or so, making the Swim Commissioner's job much easier and dramatically reducing our trinket costs. We all were concerned, of course, on how to cope with the wrath of Noah and Ben, who will be mad as the dickens at having only a few sticks to hand out. Well, they'll just have to set up their own *ad hoc* committee to deal with it.

Once we had worked out these urgently needed policies (and knocked down another latte or two), we tackled other sorely neglected areas of Dolphin Club activity. Dawanna and Phinny,

both immigrants from Old Europe, pointed out that since the Club's founders were from Bohemia and Bad Württemberg, we would be honoring Club tradition if we brought in cable television so we could all enjoy broadcasts of the UEFA, FIFA, LOOFA, and OOOLALA Cups from Germany, Italy, Andorra, Lichtenstein, and, of course, France. "It's time," Phinny said emphatically, "to give the Giants and 48ers zee boot." Throwing her arms up in mock jubilation — and her latte into the lap of the young woman sitting behind her — Dawanna cut loose with an ear-splitting "Gooooaaalll!" To fend off any complaints, I've already cleared this with Commodore Lou, who responded to the idea with that unique brand of jolly enthusiasm he reserves for any mention of soccer on the telly.

And then we tackled revisions of the new party policy. The Swim

Commissioner and others are making Club swimming events too enjoyable. "Swimming in the open water," Dawanna asserted sternly, "is supposed to be work. It should be work. It must be work! Press that buoy, catch and release, twist and shout..." All swims, she imperiously maintained, should start and finish in total darkness and be held only during the winter months. "None of this mamby-pamby, sunny, warm-water stuff," she concluded.

Phinny and I outvoted her on that one, but we all agreed that a limit on fun had to be imposed. The new rule: no gatherings of more than two people are allowed. Three will definitely be a crowd, and that includes the kiddies. You can say



Your motto should be:
If you can't say something
that stirs up trouble, don't
say anything at all.



So long as there are lattes, Dawanna will not fail her Dolphin friends.

toodooloo to rugrats, toddlers, and imps in training, whose squeals of delight can penetrate the clamlike world of any serious swimmer. The showers and saunas will be the exception. Even there, however, to make sure that everyone maintains their edge, only religion, sex, and politics can be discussed. Club politics, however, can be discussed anytime, anywhere, since they never fail to steam up somebody's goggles. Your motto should be: If you can't say something that stirs up trouble, don't say anything at all. We figure it won't take long before no one will be talking to anyone else and, for the first time in 126 years, the Club will be blissfully quiet.

Finally, since open-water swimming is a serious undertaking that requires long periods of concentration, if you are

spotted enjoying the passage of drifting clouds or the preening of a loon or the plunge of a brown pelican, the penalty will be severe. You will be forced to zip yourself into a wetsuit and, sitting in one of the Staib Room's blue chairs (designed by the 1990 valedictorian of the California Chiropractic Institute), watch reruns of the last World Cup Soccer matches, shouting "Gooooaaalll!" when appropriate, until you've lost your voice or have driven Lou to distraction – or to grab the next red-eye for Cape Cod.

We had accomplished a lot. But even as we parted, Dawanna, Phinny, and I could hear drifting up from the Bay new Club issues crying out for — indeed, demanding — our sharply honed and expert attention. Sleep well, readers, we are ready. 🐬

Escape *continued from page 3*

plunge for the entire event the following year. As usual, we can always use more runners. It's not to late join the fun, just let one of the race organizers know that you are interested.

Finishers will each receive a choice of either a commemorative brass belt buckle or newly designed "Escape from Alcatraz" lapel pin. The prestigious "Silver" belt buckle is awarded to the fastest man and

woman. Rumors have it that a special long sleeve t-shirt is being introduced this year.

The day finishes with a wonderful banquet at the Dolphin Club. The dinner is an appropriate celebration of the major achievements throughout the day. All finishers will be recognized, awards presented and many stories of survival will be shared. The dinner is free for all participants, pilots and volunteers. Guests are welcome for a nominal fee.

This year's Race Director is Pete

Bianucci. Sunny and Mark McKee are coordinating registration, pre-race information and training sessions. Please let us know if we can do anything to help you enjoy this great tradition. This event is possible because of the many volunteers and pilots. If you don't participate in the actual event, we sure would like to have your help on race day and then you can enjoy the banquet with everyone else.

— Mark and Sunny McKee

DOLPHIN LOG SWIM STATISTICS

Swim Commissioner's Report

IT SEEMS AS IF IT WAS JUST YESTERDAY THAT IT WAS MARCH and we had just held our first out-of-Cove swim. As I write this, it is the end of July and the Tahoe relay was just completed. One Dolphin, Si Bunting, swam the course solo as part of his preparation for an attempt at the English Channel next year. The Bay Bridge, Crissy Field, Yacht Harbor, Pier 39, and over-45 Gas House Cove are behind us and the Santa Cruz Pier swim is fast coming up.

This year we have tried a new approach: our Cove swims are free; you only have to pay Club swim fees if you choose to swim in an out-of-Cove swim. I hope that by now you have gotten "the bug" and will join us on one of those out-of-Cove events soon.

We are also increasing the number of folks qualified to use the Avons so that in the future we won't need to lean repeatedly on the same people to provide us with the kind of protection only the inflatables can offer. Our goal is to continue to increase the pool of people qualified to handle those essential craft.

One of my goals as swim commissioner is not only to make sure that our swims are safe and fun but to encourage all of our members to be proud of their aquatic accomplishments, whether they swim one buoy or one hour. Another of my goals is to show appreciation for members' accomplishments and support those who want to stretch their boundaries.

If you choose to reach beyond the realm of Aquatic Park, whether you want to do a round-trip to Alcatraz or a round-trip English Channel, I hope that you will use the wealth of experience available at the Dolphin Club to help you reach your goals.

- Suzie Dods

All swim stat photos were taken by Colin Gift during the Chrissy Field swim with the exception of the photo of the Heths on page 11, and the photo of the Ferry Building below, taken by Colin during the Bay Bridge swim.

Laura Burtch	49
John Pelka	48
Sunny McKee	47.5
Natazha Bernie	47.25-Virgin
Don Campbell	47
Mary Alex	47
Rebecca Tilley	46.5
Tom Hoffman	46.25

Dick Beeler Crazy Cove April 13, 2003

Conditions: Very rough, choppy seas

1. Jason Wu	18.10
2. Jim Barron	19.22
3. Michael T.-Hahn	19.31
4. Napthali Offen	22.46
5. Rick Avery	23.04
6. Jim Frew	23.11
7. Ahn Oppenheimer	24.22
8. Susan Cobb	25.06
9. Jackie Merovich	N/A

HELPERS: Rick Avery, Jim Barron, Anthony DuComb, Jim Frew, Sue Garfield, Neala Kendall, Pat McGarvey, Jackie Merovich, Dan Osborne, Mimi Osborne, Phil Rollins, Jason Wu

PILOTS: Ed DeCossio, Jim Fagan, Phil Kohlenberg

2002-03 Polar Bear Results

Suzie Dods	256	Ali Hall	54
	– New Club Record!	John Theede	52.25
Joe Illick	204	John Ottersberg	50.75
Phil Scarborough	168	Anne Barbaret	50.5 – Virgin
Ralph Wenzel	147	Mark McKee	50.5
Duke Dahlin	147	Tom Keller	50
Si Bunting	117	Peter Drino	50
Laura Merkl	109	Sean McFaddan	50
Andreas Kohler	103.5-Virgin	Vic Pizarro	50
Candace Kelly	100		
Phil Rollins	86		
Hugh Kim	80		
Peter Conidi	77.5		
Elodie Harms	77.5-Virgin		
Ted Tilles	71.5		
Mark Mullen	68		
Vince Huang	67.5		
	– 25 th consecutive Polar Bear		
Rick Avery	67 –Virgin		
Brian Herrick	67-Virgin		
Krist Jake	66		
Jim Frew	65-Virgin		
Neal Powers	61		
Adam Goldberg	60.75		
Pieter Kruit	60		
John Selmer	57		
Sue Garfield	54.5		



YACHT HARBOR

May 17, 2003

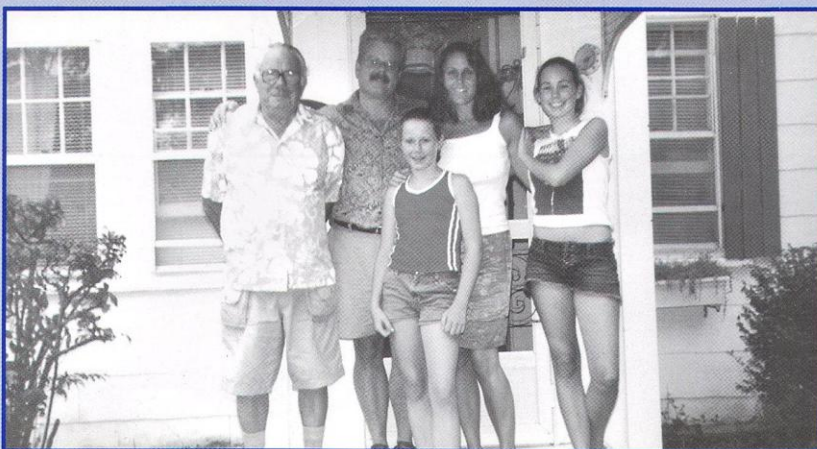
1. John Ottersberg	26.16
2. Si Bunting	26.47
3. Candace Kelly	27.52
4. Andreas Kohler	28.55
5. Ali Hall	28.57
6. Neal Rayner	29.55
7. Phil Rollins	31.03
8. Joe Illick	31.39
9. Jim Barron	31.43
10. Margaret Keenan	31.46
11. Larry Scroggins	32.10
12. Karen Boyer	32.30
13. Ted Tilles	32.46
14. Rick Avery	32.53
15. Joanne Desmond	33.00
16. C. V. Blankenberg	33.30
17. Mark McKee	33.56
18. Mary Alex	34.48
19. Bill Hadley	35.23
20. Nick DeMay	35.28
21. Todd Oppenheimer	35.30
22. Joe Ferrero	35.36
23. Hugh Kim	35.55
24. Krist Jake	36.42
25. Joe Omran	36.44
26. Jim Frew	37.04
27. Adam Goldberg	37.09
28. Amanda Fin	37.44
29. Ken Coren	37.52
30. Tom Bishop	38.13
31. Milan Opehnal	38.43
32. Jackie Merovich	38.55
33. Noel Turner	39.08
34. Rey Hassan	39.50
35. Fred Anderson	40.30
36. Anthony DuComb	41.44
37. Mary Cantini-Norkin	42.30
38. Roger Klieid	42.42
39. Debbie Rose	42.56
40. Susan Lauritzen	43.00
41. Steve Lathram	44.22
42. Ed de Cossio	45.06
43. John Theede	46.13
44. Sarah McCuskey	46.17
45. Phil Kohlenberg	52.03
46. Pavla Podolska	53.33

SWIM AIDS

1. Melinda Linder (wetsuit)	36.00
2. Connie Wellen (wetsuit)	39.05

PILOTS: Ray Artigues, Jon Bielinski, John Blackman, Paul Brady, Susan Cobb, Elizabeth Dennehy, Gary Ersam, Jim Fagan, Don Harrison, Neil Hartnett, Nancy Hoffman, John Latta, Dan McGill, Dan Osborne, Al de la Pena, Cynthia Skovlin, Bob Weil

HELPERS: Mary Alex, Joe Alioto, Fred



Veteran Dolphins and Dolphins to be: Commodore Lou with the Heths on Cape Cod — (L to R) Lou, Jeff, Shannon (12), Mary, and Annie (13)

Anderson, Rick Avery, Joe Barron, Roxanne Barron, Bob Blum, Nick Blum, Hally DeMay, Anthony DuComb, Nick DeMay, Rudy DeMay, Suzie Dods, Sue Garfield, Rey Hassan, Brian Henech, Joe Illick, Rachel Kaufman, Tom Keller, Sarah McCusky, Pat McGarvey, Joe Omran, Mimi Osborne, John Ottersberg, Pavla Podolska, Phil Rollins, Megan Sullivan



PIER 39

June 7, 2003

1. Todd Walsh	23.42
2. Laura Burtch	24.54
3. Candace Kelly	25.36
4. David Rich	26.26
5. Michael T. Hahn	26.57
6. Andreas Kohler	27.49
7. Joe Illick	28.24
8. Sean McFadden	28.26
9. Rebecca Tilley	28.31

10. Larry Scroggins	28.33
11. Pat McGarvey	28.40
12. Margaret Keenan	28.53
13. C. V. Blankenberg	30.31
14. Ian MacLean	30.32
15. Joe Ferraro	30.39
16. Gina Rus	30.43
17. Hugh Kim	31.36
18. Pete Neubauer	31.43
19. Mary Alex	31.47
20. Joe Omran	31.51
21. Milan Odehnal	31.52
22. Bob Blum	32.37
23. Megan Sullivan	32.43
24. Robin Rome	33.02
25. Jennifer Lamers	33.05
26. Neal Powers	33.09
27. Fred Johnson	33.52
28. Susan Cobb	34.02
29. Jim Frew	34.22
30. Lorna Newlin	34.30
31. Natazha Bernie	35.02
32. Tom Bishop	35.25
33. Joni Beemsterboer	36.16
34. Hal Offen	36.22
35. Susan Lauritzen	36.24
36. Fred Anderson	36.28

HELPERS: Susan Allen, Tom Bishop, Nick Blum, Lindsay Casablanca, Cheryl Chester, Nick DeMay, Rudy DeMay, Rey Hassan, Rueben Hechanova, Joe Illick, Fred Johnson, Tom Kernan, Steve Lathram, Susan Lauritzen, Sean McFadden, Pat McGarvey, Pete Neubauer, Pavla Podolska, Neal Powers, Camille Rich, David Rich, Phil Rollins, Debi Rose, Gina Rus, John Theede, Conrad von Blankenberg, Eric von Blankenberg, David, Ben and Noah Zovickian

DOLPHIN LOG SWIM STATISTICS



PILOTS: Judi Apfel, Ray Artigues, Paul Brady, Pete Bianucci, John Blackman, Michael Ciofale, Nancy Cutler, Duke Dahlin, Gary Ehsram, Colin Gift, Don Harrison, Neala Kendall, Phil Kohlenberg, Dan McGill, Mike Paciocco, Phil Rollins, Emily Roth, Pam Stillwagon, Monica Towers, Jenny von Blankenberg, Bob Weil

Crissy Field June 28, 2003

1. Laura Burtch	47.14
2. Drew Sullivan	48.54
3. Ali Hall	50.23
4. Mike Tschantz-Hahn	50.37
5. David Rich	51.15
6. Alice Jones	51.27
7. Neal Rayner	51.44
8. Laura Merkl	53.29
9. Sean McFadden	53.30
10. Eric V. Blankenberg	54.11
11. Alan Budenz	54.45
12. Karen Boyer	54.59
13. Rebecca Tilley	55.10
14. Jim Barron	55.40
15. Todd Oppenheimer	55.42
16. Tom Kuglen	56.26
17. Margaret Keenan	56.37
18. Ted Tilley	56.41
19. Rick Avery	57.07
20. C. V. Blankenberg	57.08

21. Ian MacLean	57.20
22. Gina Rus	57.33
23. Joe Omxran	58.31
24. Neal Powers	58.52
25. Krist Jake	59.17
26. Bob Blum	59.49
27. Pete Neubauer	59.49
28. Megan Sullivan	60.34
29. Joe Ferrero	61.04
30. Amanda Fin	61.25
31. Robin Rome	61.55
32. Susan Cobb	62.59
33. Nicole Delisi	63.52
34. Jim Frew	64.55
35. Naphtali Offen	65.34
36. Anthony DuComb	65.52
37. Rey Hassan	68.02
38. Joe Mannion	69.21
39. Ed DeCossio	71.18
40. Roger Kleid	72.26
41. Will Powning	72.32
42. Debbie Rose	73.56
43. Phil Kohlenberg	92.42

HELPERS: Nick Blum, Eric Burke, Lindsay Casablanca, Anthony DuComb, Ali Hall, Liam Hennessy, Althea Kipper, Naomi Mahoney, Joe Mannion, Sean McFadden, Pat McGarvey, Natazha Bernie, Naphtali Offen, Mimi Osborne, Neal Powers, Will Powning, Phil Rollins, Gina Rus, Lynda Spence, Wendy Stark, Drew Sullivan, Rebecca

Tilley, Conrad von Blankenberg, Eric von Blankenberg

PILOTS: Ray Artigues, Marcus Auerbuch, Michael Ciofale, Joe Cowan, Kate Cronin, Gary Ehsram, Jim Fagan, Barbara Fedun, Van Hart, Rueben Hechanova, Tom Keller, John Latta, Dan McGill, Dan Osborne, John Ottersberg, Mike Pacicca, Al de la Pena, Emily Roth, Larry Scroggins, Eric Shackelford, Jenny von Blankenberg, Jim Weil

July 4th Cove July 4, 2003

1. Sean Kelly	16.20
2. Erik von Blankenberg	19.37
3. Mike Pacilla	20.18
4. Megan Sullivan	23.48
5. Susan Cobb	25.03
6. Anthony DuComb	25.54
7. Pete Bianucci	30.30
8. Ahn Oppenheimer	32.00
9. Katie Cronin	32.07 (late start)
10. Ali Hall	N/A

ALTERNATIVE COURSES

Neal Rayner	11.81
Laura Atkins	13.13

HELPERS: Mark Deadder, Anthony DuComb, Pat Howard, Neil Hartnett, Sean Kelly, Wendy Leatherwood, Eric von Blankenberg

PILOT: Neil Hartnett

Bay Bridge July 6, 2003

1. John Ottersberg	46.48
2. Heather Royer	46.50
3. Laura Burtch	47.06
4. Chris Jones	47.14
5. Drew Sullivan	48.33
6. Candace Kelly	48.42
7. Ralph Wenzel	51.14
8. Michael Tschantz	52.13
9. Neal Rayner	52.34
10. Eric V. Blankenberg	52.56
11. Andreas Kohler	53.06
12. Alice Jones	53.11
13. Alan Budenz	53.42
14. John Lennox	53.55
15. Sean McFadden	54.04

DOLPHIN LOG SWIM STATISTICS

16. Pat McGarvey	54.17
17. Laura Merkl	54.27
18. Paul Wolf	54.34
19. Margaret Keenan	55.06
20. Ian McClean	56.02
21. Joe Omran	57.35
22. Gina Rus	58.07
23. Joe Illick	58.39
24. Tom Kuglen	59.02
25. Elodie Harms	60.03
26. Pete Neubauer	61.03
27. Susan Cobb	64.03
28. Hugh Kim	64.07
29. Bob Blum	66.44
30. Ken Coren	69.44
31. Tony DuComb	71.03
32. Mary Cantini	74.31
33. Joe Mannion	75.35
34. Ed DeCossio	77.36
35. Roger Kleid	80.25

NOT QUITE, BUT GREAT EFFORT

Phil Kohlenberg
John Theede

HELPERS: Nick Blum, Alan Budenz, Mary Cantini-Norkin, Susan Cobb, Signe Curtis, Pam Derks, Michael Hahn, Liam Hennessy, Pat Howard, Joe Illick, Wendy Leatherwood, John Lennox, Joe Mannion, Ian MacLean, Pat McGarvey, Laura Merkl, Joe



Louie, Dan McGill, Delores Meehan, Todd Oppenheimer, Dan Osborne, Mike Pacilla, Al de la Pena, Will Powning, Jenny von Blankenberg, Dave Zovickian

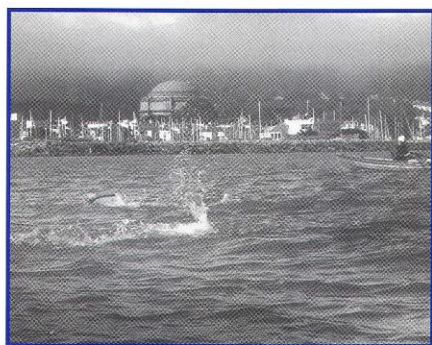
Doc Howard Over 45 Gas House Cove July 27, 2003

1. Suzanne Heim-Bowen	17:24
2. Sean Kelly	18:18
3. Mike Garibaldi	19:30
4. Marla McGowan	19:47
5. Alice Jones	20:40
6. Alan Budenz	20:48
7. Jon Nakamura	21:02
8. Pam Derks	21:05
9. Joe Omran	22:05
10. Larry Scroggins	22:11
11. Joe Illick	22:16
12. Pat McGarvey	22:16
13. Duke Dahlin	22:19
14. Krist Jake	23:15
15. Bob Blum	24:15
16. Peter McLaughlin	24:28
17. Peter Neubauer	24:37
18. Megan Sullivan	24:39
19. Robin Rome	24:43

20. Susan Cobb	25:17
21. Scott Anderson	25:22
22. Lorna Newlin	25:31
23. Bob Colyar	26:59
24. Fred Anderson	27:31
25. Roger Kleid	28:55
26. Susan Lauritzen	29:17
27. Katy Maloney	29:29
28. Anthony DuComb	30:21
29. Steve Lathram	30:56
30. Pete Bianucci	31:29
31. Will Powning	32:17
32. Noel Frelicot	33:40
33. Sarah McCuskey	33:47
34. Paul Brady	35:19
35. Lynda Spence	35:35
36. Keith Weaver	36:28
37. David Broadbear	37:57
38. Pavla Podolska	41:55

HELPERS: Laura Atkins, Bob Blum, Nick Blum, Alan Budenz, Alice Jones, Bob Mittelstadt, Joe Omram, Mimi Osborne, Pavla Podolska, Robin Rome, Story Thompson, Ted Tilles

PILOTS: Judi Apfel, Ray Artigues, Marcus Auerbuch, Rich Cooper, Katie Cronin, Gary Ehram, Jim Fagan, Phil



Omran, Mimi Osborne, Neal Rayner, Vince Rioux, Phil Rollins, Andrew Sullivan, Megan Sullivan, Paul Wolf

PILOTS: Judy Apfel, Ray Artigues, Marcus Auerbuch, Pete Bianucci, John Blackmun, Joe Cowan, Katie Cronin, Duke Dahlin, Bob Danielson, Gary Ehram, Jim Fagan, Jim Frew, Gail Grynbaum, Van Hart, John Latta, Harry

Fernandez, Joe and Andrew Ferrero, Jim Frew, Neil Hartnett, Tom Keller, Neala Kendall, Ian MacLean, Melinda Linder, David McGrane, Bob Middlestadt, Dan Osborne, Mike Pacilla, Al de la Pena, Emily Roth, Omer Thompson, Michael Tschantz, Noel Turner, Bob Weil, Aka Wringee,

Summer Cove Swim August 3, 2003

LONG COURSE (1 MILE)

1. Tim McElligot	25:54
2. Ali Hall	27:32
3. Ian MacLean	29:50
4. Joan Desmond	29:54
5. David Shutt (tie)	29:54
6. Karen Boyer	30:02
7. Joe Illick	30:32
8. Todd Oppenheimer	30:33
9. Sunny McKee	30:49
10. Mike Pacilla	30:55
11. Ted Tilles	30:56
12. Larry Scroggins	33:05
13. Robin Rome	34:34
14. Ken Coren	35:01
15. Bob Colyar	37:30
16. Rey Hassan	40:00

SHORT COURSE (1/2 MILE)

1. Nicole Delisi	25:30
2. Steve Worthington	26:41
3. Karen Jenkins	26:49
4. Katy Cronin	31:49
5. Cheryl Chester	32:06

Helpers: Karen Boyer, Bob Colyar, Ken Coren, Nicole Delisi, Joanne Desmond, Roger Kleid, Jennifer Lamars, Mark McKee, Joe Omran, Stacey Singleton.

PILOTS: Colin Gift, Neil Hartnett.

Fort Point August 10, 2003

Early jump from rocky beach, perfect conditions, nice flood.

Thanks to the many pilots for rowing/paddling all the way to the gate, against the early flood.

1. Heather Royer	56.25
2. Neala Kendall	56.25
3. Becky Fenson	59.36
4. Tom Keller	1.00.00
5. Drew Sullivan	1.02.03
6. Michael T. Hahn	1.03.14
7. Ali Hall	1.04.29
8. Laura Burtch	1.05.05
9. Andreas Kohler	1.06.03
10. Brian Herrick	1.06.50



Dolphin Club Vista

I seldom read as a boy. I did enjoy paging through *Life* magazine, which graphically presented alternatives to growing up in rural Pennsylvania. But my preferred literary (if it can be called that) pastime – in those rare moments when I wasn't playing in the meadows, woods, and nearby brook – was scrutinizing *The New Yorker Album 1925-1950*, a compendium of cartoons whose every caption I memorized. There I viewed the worlds of William Steig, George Price, Charles Addams, Peter Arno – and John Held, Jr., an engraver who also did woodcuts.

I must have stored a memory of his work deep in my unconscious – very deep – for when I began taking art courses in the early 1980s, I studied only sculpture and ceramics, drawing and painting. Not until a few years ago, when I looked at the work of Robin

Rome, also a Dolphin swimmer, did I glimpse the possibilities of print-making and vaguely remember the vivid creations of Mr. Held.

Some of you will recall that my first attempt to wed the pleasure of the water (reaching back to the “nearby brook”) to the joys of illustration (remembering *The New Yorker* collection) was a woodcut entitled “Golden Gate 2001,” which all swimmers, boaters and helpers associated with that event received in lieu of the usual Club trinket.

More recently, I produced a linoleum cut of a Cove and Bay vista as seen from the Staib Room. You can purchase this print for the insanely low price of fifty dollars, which money will go directly to the Building Fund. It's not the work of John Held, Jr. – but I don't think he swam or rowed.

— Joe Illick

11. Laura Merkl	1.07.09
12. Paul Wolf	1.07.27
13. Sean McFadden	1.07.31
14. Alan Budenz	1.08.08
15. Phil Rollins	1.08.28
16. Joe Omran	1.09.04
17. Mickey Lavelle	1.09.11
18. Joanne Desmond	1.09.35
19. Jim Barron	1.14.30
20. C. V. Blankenberg	1.18.14
21. Gina Rus	1.19.37
22. Elodie Harms	1.21.08
23. Nicole Delisi	1.29.33
24. Anthony DuComb	1.46.55
25. Ed DeCossio	Almost

HELPERS: Jim Barron, Alan Budenz, Lindsay Casablanca, Laura Dar,

Anthony DuComb, Brian Herrick, Liam Hennessy, Pat Howard, Neala Kendall, Tom Keller, Sean McFadden, Pat McGarvey, Mike Pacilla, Phil Rollins, Heather Royer, L. Syndski, Wendy Leatherwood, Paul Wolf,

PILOTS: Ray Artigues, Marcus Auerbuch, Pete Bianucci, John Blackmun, Karen Boyer, Paul Brady, Mike Ciofalo, Susan Cobb, Rich Cooper, Susanne Corinnna, Joe Cowan, Gary Ehrsam, Jim Frew, Roger Hansen, Hal Irish, Phil Kohlenberg, John Latta, Harry Louie, Todd Oppenheimer, Mike Pacilla, Al de la Pena, Emily Roth, Monica Towers, Bob Weil, Dave Zovickian

PRESIDENT'S REPORT

ONE PERSON'S VIEW OF THE DOLPHIN COMMUNITY

by Anthony W. DuComb

SOON AFTER I MOVED to San Francisco from Washington, DC, in 1992, I began to search for a gym. The Bay Club was recommended, but it took only one visit for me to conclude that my spare time was not to be wasted there. Then I meet David Broadbear at a parochial school cocktail party (only in San Francisco do elementary schools have cocktail parties), and he recommended a place where I could view the Golden Gate Bridge from a Stairmaster, and swim in cold ocean water all year long. The grumpy voice that answered my telephone call to the Dolphin Club said to come on the third Wednesday of November with my checkbook. I did, wrote my check, and was assigned a rusted-out red locker. Taking to the water the next day, I failed to make it to the *Thayer*, but thrashing through the chill I was back home in the freezing New England waters of my youth.

During the 11 years that have followed, the Club has provided me with many opportunities — to tempt hypothermia during the Polar Bear; to swim under the Golden Gate, and from Alcatraz and Fort Point; and to cross the English Channel on a relay team. With the prodding of Stan Hlynsky, I also learned to run the Dipsea Trail, and have finished the Escape from Alcatraz Triathlon eight times. Although I will never be one of the Club's faster swimmers, the vigorous competition in the cold water continues to challenge and thrill me. I expect to continue to swim without a wetsuit as long as I am able. When, and if, I become unable to swim, I will take up rowing.

More importantly, however, membership in the Dolphin Club has given me the opportunity to join and participate in a unique community. Not unlike a small town of 950 souls, the membership of this community represents the full fabric of humanity. Just as I was welcomed into the Club's galley kitchen by Cecco, another long-term member attempted to toss me out. I have made lifelong friends at the Club. At the same time, I perhaps may have wound-

ed the feelings of others. But the unique personalities, relationships and clashes of opinion that characterize the Dolphin Club are its strengths, not its weaknesses. I cherish them with all of their messiness.

Now, as I'm finishing my second term as president of this treasure, I am concerned for the future of our community. Certainly, a club that is 126 years old, with a well-maintained plant and a large membership count, will survive. But the Dolphin Club should do more than survive, it should flourish — materially and in spirit. Just as the people who live in the small towns of my native New England know that maintaining a vital community demands real and constant effort, so too do they understand that without preserving that community's core traditions, the life of the community they sustain can be lost.

I cannot be so presumptuous as to speak for others, but for me the clear test of whether the Club remains a vital community is simply this: if they were to visit us today, would members of the Club who passed away in the 1920s or 1950s or even the 1980s recognize the Club they knew and feel a sense of camaraderie with its members? I truly hope so. I expect to continue being a part of the Club and participate in the competitions and volunteer programs with the enthusiasm and competitive spirit I have always enjoyed. That participation will be guided more than ever by what drew me — and has drawn thousands of others — to this special place at the foot of Hyde Street: the core traditions that give the Club its character (and characters) and create those vital connections to the Bay waters that so enrich our lives, whether we choose to be in, on, or around them. That will be my small effort to retain and maintain the legacy that has made the Dolphin Club known around the world. For if those members who have passed away would feel comfortable in the Staib Room or the Swim Program or in a row boat, then I will have in some small way helped to preserve our unique small town for those who have yet to join us. 🐬

Dolphin Swimming &
Boating Club

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DOLPHIN CLUB – SWIM SCHEDULE 2003

JANUARY 1	WED.	SOUTH END NEW YEAR'S DAY ALCATRAZ	9:30 AM
JANUARY 1	WED.	*NEW YEAR'S DAY COVE	11:30 AM
JANUARY 19	SUN.	*MIDWINTER GAS HOUSE COVE	9:00 AM
FEBRUARY 2	SUN.	*SPRING COVE / WINTER FEST	9:00 AM
FEBRUARY 9	SUN.	*MIDWINTER PIER 43	9:00 AM
FEBRUARY 28	FRI.	SADIE HAWKINS DARKNESS COVE / SPAGHETTI FEED OR POTLUCK	6:30 PM
MARCH 21F	RI.	END OF POLAR BEAR COVE / POT LUCK BBQ	6:30 PM
APRIL 13	SUN.	CRAZY COVE	9:00 AM
MAY 17	SAT.	*YACHT HARBOR	10:30 AM
JUNE 7	SAT.	*PIER 39	9:00 AM
JUNE 28	SAT.	*CRISSY FIELD	8:45 AM
JULY 4	FRI.	INDEPENDENCE DAY COVE / BBQ / FIREWORKS	5:00 PM
JULY 6	SUN.	*BAY BRIDGE	8:30 AM
JULY 19	SAT.	*TAHOE RELAY	
JULY 27	SUN.	*OVER 45 GAS HOUSE COVE	10:00 AM
AUGUST 2	SAT.	*SANTA CRUZ ONE MILE	11:00 AM
AUGUST 10	SUN.	*FORT POINT	8:00 AM
AUGUST 15	FRI.	SUMMER COVE / POT LUCK, BBQ	6:30 PM
SEPTEMBER. 6	SAT.	ALCATRAZ	10:15 AM
SEPTEMBER 20	SAT.	JOE BRUNO GOLDEN GATE	9:30 AM
OCTOBER 5	SUN.	OVER 60 COVE / INTRODUCTION TO BAY SWIMMING	10:00 AM
OCTOBER 19	SUN.	DOLPHIN CLUB ESCAPE FROM ALCATRAZ TRIATHLON	9:00 AM
OCTOBER 26	SUN.	DOLPHIN / SOUTH END TRIATHLON	9:00 AM
NOVEMBER 1	SAT.	HANDICAP COVE	9:00 AM
NOVEMBER 8	SAT.	PILOT APPRECIATION DINNER	7:00 PM
NOVEMBER 20	THUR.	THANKSGIVING COVE	9:00 AM
DECEMBER 14	SUN.	NEW YEAR'S DAY QUALIFIER / CHRISTMAS PARTY	11:00 AM
DECEMBER 21	SUN.	POLAR BEAR STARTS	

ROWING TRAINING

JAN.8	MARCH 22	MAY 24	JULY 20	SEPT. 21	NOV. 22
FEB.22	APRIL 19	JUNE 21	AUG. 23	OCT. 18	DEC. 13

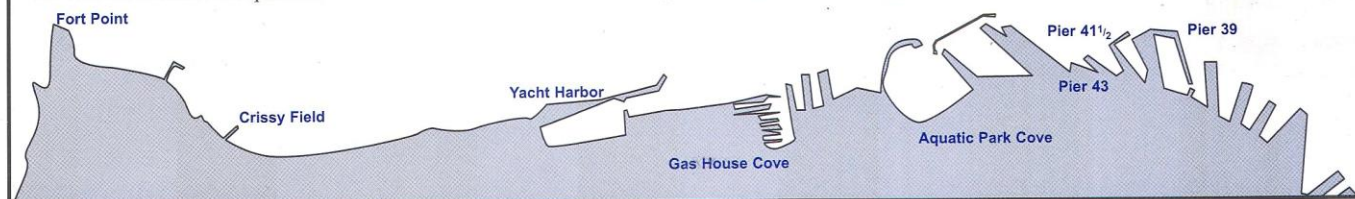
SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commission.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.



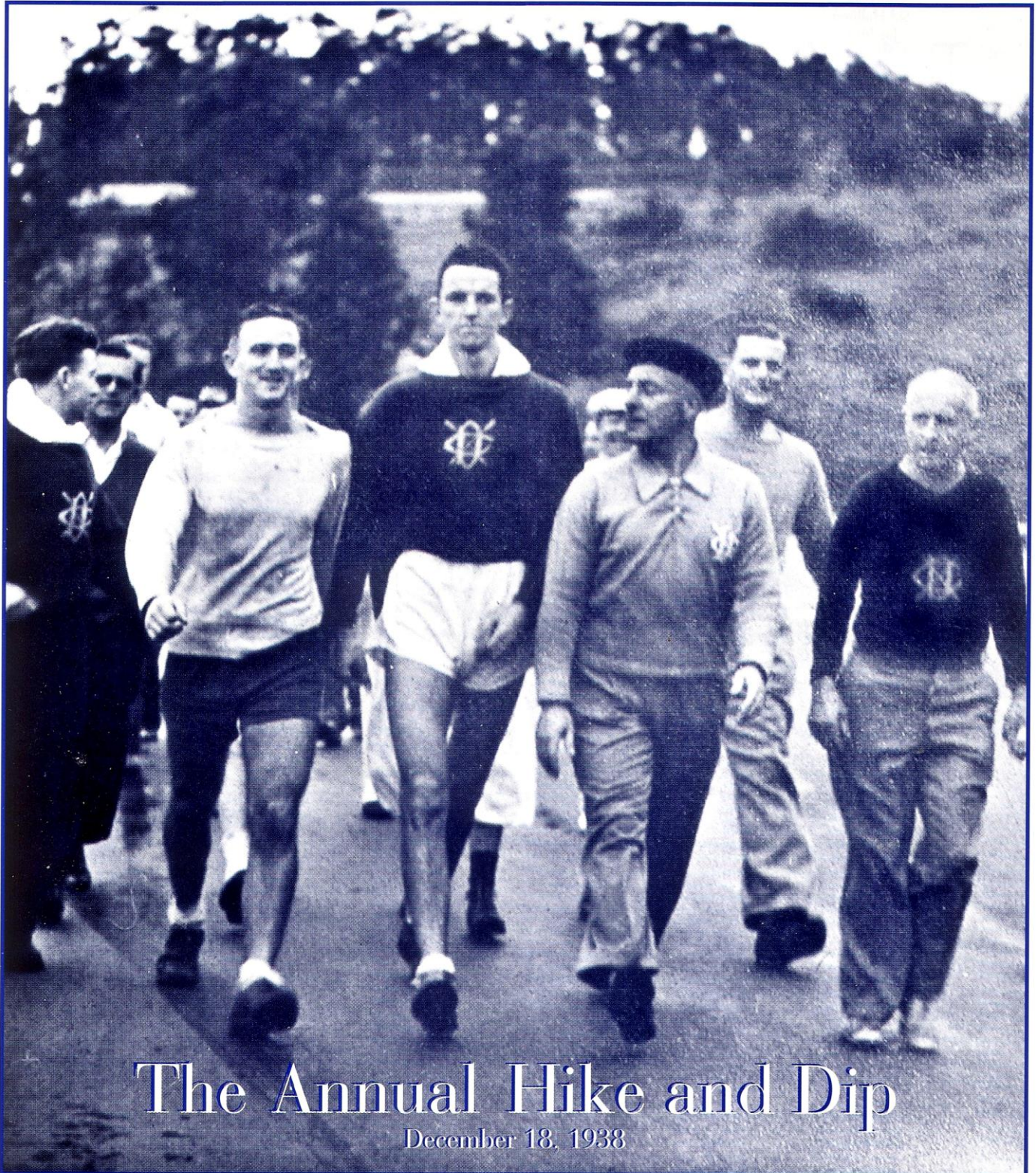
Additional qualifications for Alcatraz and Golden Gate Swims

10. In-town members must successfully complete 2 swims marked with a wheel (⊗) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, nonqualified members will be given priority in qualifying swims.



DOLPHIN LOG

Winter 2004



The Annual Hike and Dip

December 18, 1938

(LtoR) Bud Sterling, Elmer Kehrlein, Cas Holm, Mike Desmond Jr., Henry Kanter, Bill Mahood and Jimmy Cronin

NEWS AND NOTES...

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Seeking Rowers for Our Doubles

THE CLUB IS TRYING TO encourage rowing in its "double," or two-rower, boats — and ultimately in both the *Wieland* and the more advanced Viking-class boats. At this point, the Viking class includes the *Viking* and the *Lifthrásir*; in the future, it may also include a Viking-style single, much like the *Thor* at the South End Club. To encourage interested rowers, the Club Boat Committee has set up a clearer, more efficient method of training, beyond the standard introduction now given for rowing the Whitehall singles.

If you don't have much experience in rowing doubles and want to row these boats, please let one of the trainers know that you want to be trained for the doubles (see list below). Rowing a double is much trickier than rowing a single, as some rowers already know. If the strokes of the two rowers are not coordinated, or if one, or both rowers, lack experience, the oar blades will repeatedly collide, causing damage and setting up potentially dangerous situations.

We have also set up expedited training to qualify experienced rowers who have not yet been checked out on the *Viking*. This system also applies to qualified Viking rowers who want to row the *Lifthrásir*, which requires a slightly different approach from that used for the *Viking*. In previous years, a rower was required to go on as many as 100 outings in a Whitehall boat before even trying to qualify for the Viking boats. Now, Viking certification is open to anyone who is a skilled rower and who is experienced rowing the Club's heavy (Whitehall) doubles in varied conditions and to a range of destinations. If you believe you are such a rower, all you have to do now is demonstrate your skill by going on an outing with one of the Viking-class trainers, during which you will learn the specific procedures for launching, rowing, docking, and cleaning these boats. Once cleared, you will then be certified to check out either of the Viking-class boats.

The trainers to contact are as follows:

Todd Oppenheimer, head trainer: (415) 922-6816, John Latta: (650) 595-2126, Phil Kohlenberg: (415) 664-7533, Ed de Cossio: (650) 343-1201 and Colin Gift (415) 752-9795.

— Todd Oppenheimer

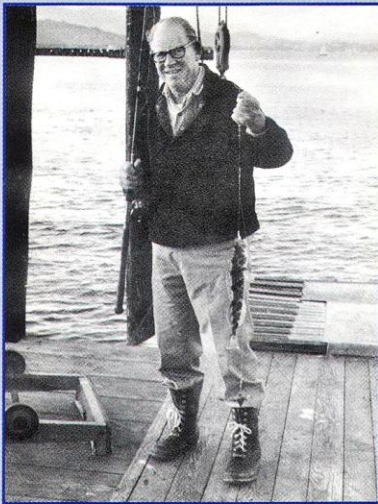
Swimming With the Birds

WHEN COLD AND RAIN come to northern California, a variety of birds move south and drop into the Aquatic Cove neighborhood for their annual winter visit. At first very wary of swimmers, after a month or so, most of these birds get used to the red-headed creatures crisscrossing their cozy refuge.

Western grebes, with long white necks, black caps and backs, and red eyes, arrive usually in October and often gather in flocks of 40 or 50 during the deep of winter. Red-breasted mergansers, the males sporting green-colored punkish hair dos, white collars, and rust-red breasts, and the females rust-red heads and grayish bodies, also drop in for a stay. They often cruise about in groups of four to a dozen, diving for small fish they snag with their serrated bills.

A number of Dolphin swimmers have had the sometimes dubious pleasure of being in the vicinity of a diving brown pelican, an experience that will surely wake you up if the cold water hasn't done the job. They don't hang out with us, but frequently hunt Cove waters for sardines or herring. Surf scoters also cluster in small flocks, particularly down near the Sea Scout dock. The females are dark charcoal, with black caps, the males all black, except for white on their foreheads and napes and a prominent yellow-orange bill. In the Cove, they feed primarily on shellfish they pull from the rocks. They usually congregate in large numbers along the coast, feeding at the surfline where they snatch small shellfish stirred up by the breaking waves.

Double-crested cormorants, dark diving birds with a yellow chin that warm themselves with outspread wings on the break-



Frederick W. Herms, Jr.
2/25/1914 – 8/8/2003

A member of the Club for 65 years, Freddie, shown here in the 1970s, was the most famously gifted fisherman in the Club's history. Whether he rowed out to his favorite spot at dawn near the south tower of the Golden Gate Bridge, usually in the *Oyster*, or hauled in 30-pound bass from the end of the Club pier, or caught a mess of ling cod and rock fish under Pier 45, he always got excited at what he caught. And, generous to a fault, he always gave away almost all of his catch, often saving not even a fillet for himself.

water, are more abundant in winter; and gulls, of course — the western, California and smaller mew being the most common (Lou's gulls are westerns, the only ones to breed here). Terns, primarily Forster's, sometimes perch on the barber poles or orange ball buoys that mark the Cove's swimming area. You can get close to them if you move in without a lot of commotion.

Finally, there are loons. Often a pair of common loons hangs out here all winter and sometimes red-throated and yellow-billed loons as well. Common and yellow-billed loons weigh in at close to 10 pounds; the red-throated, with upturned bill, is smaller. Unfortunately, loons only make their haunting cry when on their breeding grounds.

A few years ago in March, a common loon molted in the Cove, and was unable

to fly for a couple of weeks. It was so busy with preening you could get within 15 or 20 feet of it. It kept an eye on you, but didn't seem frightened. And that's important because fleeing danger takes energy and birds need all of it to find food and take care of their feathers.

Pause in your swim and see what's out there with you. A close-up look at these feathered creatures might remind you that, like the birds, we are members of the much larger community of life that calls this beleaguered planet home.

— Sid Hollister

Apparel Sales

THE DOLPHIN CLUB has a variety of apparel for sale — all at prices based on actual cost, plus sales tax and a 10% surcharge that goes to the Recreation and Parks Department, per our lease agreement. The Club makes no profit.

We stock short-sleeve and long-sleeve T-shirts as well as hooded and crew-neck sweat shirts. Both come in sizes XXL, XL, L, M, and S and in blue or white. We have a good quality blue polo shirt that's ideal for a gift and baseball caps in blue or white with an embroidered Club Logo. We also have embroidered patches. Insulated caps are \$20, the best price in the Bay Area.

We also offer 2004 Club calendars, with terrific photographs by Colin Gift, tide charts, and schedules of the Club's swim program and boat-training sessions — at \$15 a bargain, even for 11 months. Think Valentine's Day gift.

To purchase any item, call Pete Bianucci at (415) 362-8272.

— Pete Bianucci

They Rowed, They Ran, They Swam...

THE BASEBALL SEASON WAS OVER, but the question floated out there like a hanging curve ball: would Red Sox fan Anthony DuComb, organizer of the 2003 Dolphin/South End Triathlon, bring

down on the Club the "Curse of the Bambino" or would the Dolphin team brush it aside like ebb tide flotsam?

October 26th dawned bright and calm — perfect conditions, whether you were in a speedo, on a sliding seat, or in running shoes. The Dolphin's women's crew (see photo in swim stats) in the *Wieland* won a smashing first-race victory over the South End barge, coasting home with a half-minute edge. Dolphins on Muni Pier were elated; South Enders shaken. Alas, by day's end, though dozens of Dolphins gave it their best, the South End again garnered the most points in all three legs of the triathlon.

Even so, 5 of the top 10 swimmers — out of 140 who finished — were Dolphins; 9 of the top 20 runners wore Dolphin blue and white; and the final rowing totals saw the Dolphins come up just short, losing by only 5 points to the red and black.

The morning ended with a bounteous breakfast of everything from scrambled eggs to pancakes to superb pastries, thanks to the generosity of Ralph and Valerie Wenzel and friends.

— Sid Hollister

Errata

IN THE LAST LOG, the Polar Bear list was incomplete. The entire list is included in this issue's swim stats. Also, Bill Powning's name was omitted from those appearing in the cover photo. He stands at the base of the flag pole in the center. 🐬

THE DOLPHIN CLUB BUILDING FUND

An opportunity to support the long-term capital needs of your Club through a tax-deductible contribution or gift.

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GOING THE DISTANCE

by Joseph Edward Illick

ALTHOUGH BENJAMIN FRANKLIN WAS known to paddle around in the Delaware and the Thames, the English won the Revolution when it came to swimming. They were the premier world natators until the turn of the twentieth century. When George III swam off Weymouth to the accompaniment of a chamber orchestra, he was stroking a prelude to the resorts that sprang up along the coasts of England, whose inhabitants came to see salt water as a universal cure. Tanks were set up in music auditoriums and city halls for underwater performances, racing competitions, and endurance immersions that lasted for days.

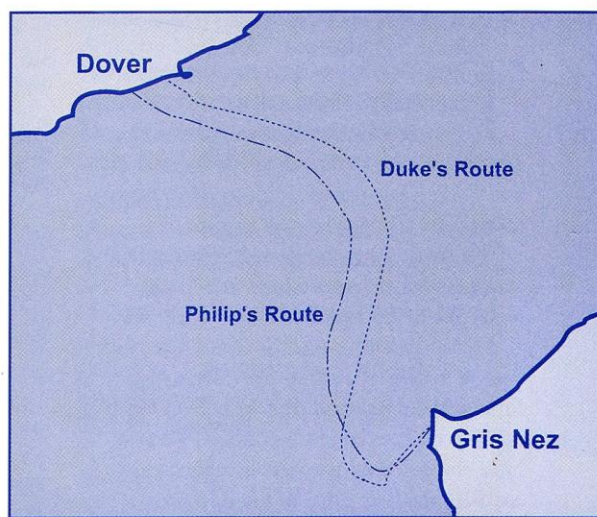
English champions — of whom the best emerged from the lakes, reservoirs, and dingy baths of the ever-chilly North — reigned unbeaten in America, even by the highly vaunted Indians who used an over-arm windmill motion. Breaststroke was the almost universal convention, adopted from watching frogs, which were kept in poolside tubs for instructional viewing. When Matthew Webb became the first person to swim the English Channel (Paul Boynton, an American had preceded him, but in a rubber suit and using a paddle), it took him almost 22 hours of breaststroke. In 1926 the American Olympian Gertrude Ederle, using the crawl, swam the same course in 14 hours, 39 minutes. She was not only the first woman to cross the Channel, but she bested the existing men's record by two hours. Now American swimmers were the leaders, an ascendancy that had been signaled by their freestyle victories in the 1904 Olympics in St. Louis.

Looking at the list of U.S. long-distance, open-water swimmers, Dolphins rank among the most notable, having participated in such swims as Catalina Channel (20 miles), Length of Lake

Tahoe (21 miles), Manhattan Island (28.5 miles), and Strait of Gibraltar (13 miles), not to mention numerous tough San Francisco Bay swims. But the English Channel is acknowledged to be the biggest challenge of all, bested by less than 300 of the thousands of swimmers who have attempted it. Thirteen Dolphins have soloed across, while another five Dolphin six-person relay teams (two of them all-female) have conquered the course.

Egyptian-born Toufie Blaik joined the Dolphin Club in 1957, having swum the Channel in 1953 and 1955. So really, the first

Dolphin to span the Channel solo was Suzanne Heim, who accomplished the feat three times in 1985 and 1986, a record itself among our members (but not for the Channel; one Kevin Murphy has 32 crossings to his name). Suzanne got an early swim start: at three years old she was enrolled in the Y's "Mommy and Me" program. She began competitive swimming at eight, quit at 14 to play water polo and run cross country, then helped organize a women's swim team at Cal Poly San Luis Obispo. At 19 she joined the Dolphin Club (1978), and she considers the Dolphins to have been, and to continue to be, an incredible support. Timid at first about Bay swimming, she slept under a poster of the Golden Gate Bridge. She moved from the conventional Golden Gate and Alcatraz events to long Bay swims such as the Bay to Breakers (from the Bay's shore near the Financial District to Ocean Beach) and the Four Bridges in a Day, in which she crossed the waters under the Carquinez, Oakland Bay, San Rafael/Richmond, and Golden Gate Bridges. On one of her Channel swims she was less than a mile from



The English Channel is acknowledged to be the biggest challenge of all, bested by less than 300 of the thousands of swimmers who have attempted it. Thirteen Dolphins have soloed across.

shore in seven hours (the record is 7 hours, 17 minutes, held by Chad Hundebly, and American), but tides plus currents kept her in the water for three more hours. During the first three or four hours of immersion, her mind wanders through songs, letters,



Duke pilots Philip on an out-of-Cove swim.

work projects, and stroke counting, but as the swim progresses, well, she just can't recall her thoughts. "But," says Suzanne, "if you have any questions about preparing for long-distance swims, just ask. I would be happy to carry on that Dolphin spirit of helping others."

Two years after Heims' last crossing Diana Abele swam from England to France (the usual route, though Blaik and Heim have also crossed from France to England). Diana, who started swimming with the Novato Park and Rec when she was nine and continued in the pool at UC, Santa Barbara, turned to Heim for guidance when she began her Bay swimming. She joined the Dolphin Club after her Channel crossing, but no longer belongs. She is still swimming in landlocked Flagstaff, Arizona, however, training for a half ironman.

John Davies made a late appearance on the long-distance scene. A decent swimmer as a kid — decent enough at 15 to reach the finals of UK competition — he remained inactive in the water until he joined the Dolphin Club in 1983 at age 33. He began training for the Channel in 1987, and in the following year made his initial attempt at night, coming within 600 yards of France in a little over nine hours and then, driven away by the tide, passing out in the water six miles off the shore three hours later. A month later he consoled himself by circling Manhattan, the fastest swimmer over 30.

In 1990 he resumed training for the Channel, despite a broken leg. His crossing that year was so fog enshrouded that the English Coast Guard tried to call it off when he was 17 miles into the swim, but radar and sonar guided him in with a time of 10 hours, four seconds, eclipsing Suzanne Heims' time by a minute and remaining, today, the fastest crossing by a Dolphin.

England, however, still has an edge on the U.S.

It was three years before another Dolphin, Laura Burtch, attempted the Channel; she succeeded in 1994. Her career began in Toledo, Ohio, at age eight, in a large, dark pool. She left the water during high school and college, a ten-year hiatus, and returned in earnest when she moved to San Francisco and joined the Dolphin Club in 1989 at age 29, five years before her successful crossing. She seems to have been fated to make it: her grandfather was an admirer of Gertrude Ederle, after whom he named his dog.

Laura had trained with John Selmer, a high school and college swimmer whose Navy service, ironically, kept him out of the water. But a move to Palo Alto in 1976 put him in touch with the Rinconada Masters team and that, in turn, introduced him to cold water swimming by way of an AAU Aquatic Park swim in 1978. He joined the Dolphin Club a year later, where he noticed Suzanne Heim and John Davies preparing for their crossings, but it wasn't until he began swimming with Laura Burtch in the mid-1990s that he began thinking of spanning the Channel. He completed a swim from the San Mateo Bridge to the Oakland Bay Bridge and then the final leg to the Golden Gate Bridge as a prelude to stroking from England to France in 1995. But his hardest test, he claims, was a ten-hour qualifying swim in the Dover cove, a Channel requirement now reduced to six hours. Morning swimmers often encounter John emerging from the water at dawn; he compiles his Polar Bear miles in the dark, counting strokes and contemplating ways to streamline and save energy.

John brought his Channel experience to bear in his swims with Becky Fenson, who made the Channel in 1996. Becky



Duke meets the Channel, Part II

joined a swim team in Connecticut when she was 12 because all the big girls at the country club wore matching team suits. By 15 she was a serious sprinter, and remained one through college and until she entered the Chesapeake Bay five-mile swim in 1993 as the only non-wet suiter. She finished first among the women, eighth overall, and went on to circle Manhattan the next year (having trained in a pool), just days before moving to San Francisco and joining the Dolphin Club. On her long distance pulls, which include Catalina Island in 1996 and another tour around Manhattan in 1999, her thoughts have been immediate: her stroke, the water conditions, anything but food.

Steve Walker and Peter Urrea also swam the Channel in 1996. Steve argues that the two most important things you can do to prepare for the Channel are swimming in cold water. . . , and eating like a pig. His diet can be found on www.noww.nl/info/basics-kanaal-prepare and account of his crossing is available at www.noww.nl/info/kanaal-walker-steve.

Heather Royer entered competitive swimming early — at the age of four in Alaska — but saw the water as a way of socializing rather than as a means of enjoying immersion. Like Becky Fenson, she was a sprinter unattracted to distance swimming, until, at Pomona College in the early 1990s, she came under the tutelage of Penny Lee Dean, who still holds the women's English Channel record of 7 hours, 40 minutes. She encouraged

Heather and her teammates to swim a relay from Long Beach to Catalina Island. In 1996, Heather moved to the Bay area and joined the Dolphin Club. She did the Seal Beach Rough Water and Catalina swims, and participated in the U. S. Swimming 15K National Championship — and then did the English Channel crossing in 1999. She can't, however, recall

what was she was thinking during any of these events: "My mind often isn't at full capacity while swimming distances."

Suzie Dods followed Heather across the Channel in 2000. She began swimming as a high school freshman in Marin, continued at Humboldt State, then joined Pacific Masters. Her first open-water swim was as part of a Tahoe relay, followed by solo performances in 1987 (the width of the lake) and 1988 (the 21-mile length). Soon after she joined the Dolphin Club in 1991, Pat McGarvey lured her into an English Channel relay (1992), a significantly easier crossing than the next year's relay with Joe Ferraro and John Nakamura. After Coronado in 1996 and an unusually long Fort Point swim in 1999, she decided for a Channel solo, much encouraged by Becky Fenson and aided in training by Tina Scott and Susan Allen. She made it in 2000, with a lot of credit given to the Dolphin Club, echoing Becky's observations that the Club is the perfect training ground and boasts a wealth of information among its members. She also received constant encouragement. On her long-distance jaunts, Suzie swims from feeding to feeding, adopting (as do many of her co-swimmers) an existential approach to the event. And why not, if you're going to France?

Philip Scarborough and Duke Dahlin swam on successive days in 2003. Philip was a member of swim clubs in Atlanta as a boy, but he gave up competitive swimming at 14 to devote himself entirely to soccer, which he played at Emory University. When he arrived in San Francisco in 1995, he had been doing triathlons for a couple of years. Steve Schatz introduced him to long-distance, open-water swims in 1995, and he began to participate in Peter Drino's birthday swims from Point Bonita. His Channel crossing concluded a com-

plex two-year plan of physical and mental preparation, as well as consultations with Suzanne, Laura, Becky, Heather, and Suzie.

Duke, on the other hand, was not a vigorous young athlete. Despite the tropical climate of his native Hawai'i he grew only slowly, barely reaching five feet by the time of his graduation from high school. He was a short-distance swimmer until age 50, once pulling out of a 1600-yard competition for lack of staying power. He joined the Dolphin Club in 1999, the same year he took on his first long-distance swim – across Lake Tahoe. Although he failed in his first Channel attempt in 2001, he succeeded two years later.

Meanwhile, there are several Dolphins in the wings, gearing up for the Channel. Si Bunting, who swam Tahoe solo in 2003, and John Ottersberg, have signed on for berths in 2004. Neala Kendall, who came in first among the women and third overall in circling Manhattan in 2003, is another prospect. And they, too, will be ably assisted by the Dolphins who have sliced and plowed through the Channel waters ahead of them.

As Becky Fenson observes on the Club website: "To my mind, there is no better place in the world than the Dolphin Club to train for a marathon swim. Much of what goes into preparing for such a swim is about people. My crew, the swimmers I train with, the people who give me advice and support. Within the Dolphin Club, what amounts to a marathon swimming training school has developed, made up of a core group who plan training swims, provide logistical information, and organize fundraisers. As difficult as marathon swims are, they would be much, much more difficult without the support of the Dolphin Club." 🐬

THE SECOND TIME HOW SWEET IT IS!

by Duke Dahlin

IT'S FRIDAY MORNING, AUGUST 8, 2003, ten minutes to seven, when my pilot boat arrives at Dover Harbor on the southeastern coast of England. My crew, John Ottersberg (coach), Philip Scarborough, Elmer Tosta and my partner, Joel Smart, are ready. The captain of my pilot boat, the *Sea Satin*, is Lance Oram. One other crew member and an official observer are also on board. It looks like it's going to be a foggy, cool, overcast day.

During our week in Dover, we've developed an uplifting camaraderie with other Channel swimmers and crew members. Many of them come to see us off: Ivan Alvarado from Mexico; Freda Streeter, mom of "Queen of the Channel" Allison Streeter; Bonnie from Colorado; and Day Powers from San Diego.

At 7:10 or so the *Sea Satin* heads out of Dover Harbor for

my starting point, Shakespeare Beach, a 15-minute boat ride away. I'm feeling worried and depressed because I woke up about 2 AM violently sick to my stomach, a reaction, apparently, to Italian food I had for dinner the night before. I'm afraid that this will keep me from completing my second Channel attempt, but somehow I manage to eat a little oatmeal and drink some coffee. And I drink lots of water...although it doesn't make me feel any better.

As I apply sunblock and Vaseline just minutes before my swim, I make an effort to keep this all to myself, but the look on my face shows my fear and worry. Even so, I try to be optimistic, determined that "the show must go on." When Joel tries to talk to me, I wave him away, too busy battling my demons to be interrupted.

Someone—I can't remember who—explains to me that to officially begin the swim you have to walk to shore and start above the tideline of

Shakespeare Beach. Although I don't remember saying it, I tell John: "I want to get in the water. I'm ready right now." The *Sea Satin* pulls to about 5-10 yards of the beach and I jump off and wade to shore. As I approach the high-water line, well-wishers on the beach greet me with encouragement. I wave at them, turn around to face the water, raise my arms in a "V" above my head to signal the observer, and begin my second English Channel attempt.

The wait is over.

Once I started swimming, I felt a deep sense of relief. It helped, too, that the water felt great, about 62-66F, where it stayed throughout the swim. Conditions were a little choppy, but I didn't care. Hoping to get calmer water farther out, I based my target time on Philip's swim the day before, and thought I could reach France in about 12 hours. But calm water for Philip didn't mean calm water for me. For over eight hours, I swam in a rough sea with high winds.

During the second hour, I felt sick, but between the second and third hours, a powerful visual image came to me. I remembered a story from my childhood in Hawai'i about Kauila, the magic sea turtle who watches over children and keeps them safe. Something in my mind—Kauila it seemed—told me to relax, keep my stroke rate consistent, and everything would work out.



Duke and John visit Col. Matthew Webb.

Calm water for Philip
didn't mean calm water
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with high winds.

So I relaxed, emptied my mind of any negative thoughts and kept on swimming, singing to myself as I went. Also, I remembered watching *The Terminator* and Arnold Schwarzenegger's character saying "I'm a machine." So from time to time I told myself: "I am a swimming machine." Whatever it takes to complete the Channel, right? Sometimes I would just watch the crew and try to figure out what they were thinking. Whatever it was, throughout my swim they always looked confident.

I swam for an hour before my first feeding, and then every half-hour thereafter was fed one GU package and a drink of Gatorade. After eight hours, the Gatorade was watered down because it was too sweet and I was having acid reflux. I didn't encounter any jellyfish, thank God, but early on I did run into patches of kelp.

I settled into a consistent 55-58 strokes per minute and every 10-15 minutes John Ottersberg would keep me on pace by showing me my stroke rate on the marker board we brought along. Seeing those figures throughout my swim gave me a lot of confidence that I was maintaining the steady pace I wanted. Before I knew it, 12 hours had passed and the sun was setting. For the very first time, I asked John how far we were from the French coast. "Three miles," he yelled. That felt great!

Day became night without notice. I was told I needed a glowstick, so I stuck it under my goggle strap. During the 14th hour, I was signaled from the boat that I had about 700 meters to go.

Yippee! No problem. So I kept swimming...and swimming...and began thinking: "This sure is a long 700 meters." I didn't know it, but I was stuck in a swift south-to-north current that was hugging the shore and keeping me from getting to land. As we rounded a point that stuck out like a welcoming hand, I was somehow able to muscle out of the clutches of the current and head toward shore. I asked John to accompany me on my last 100 meters to France.

It was pitch black, except for the lights on the boat, which finally flashed a floodlight on the shore, now about 40 feet away. At last I could see my destination point on Cap Gris Nez. I swam to where the light was shining and before I knew it, I had made it! It was 10:35pm. Yells came from the boat to "Get out of the water." I tried to stand up, but my legs were like rubber and I had to struggle to get to my feet and negotiate the slippery rocks covered with barnacles. Every time I climbed up, I slid back. Finally, I found a flat rock and managed, barely, to scramble out of the water. Standing in the floodlight, I stood with my arms raised in victory as the *Sea Satin's* whistle signaled in the darkness my conquest of the Channel's waters. I had completed my swim in 14 hours, 37 minutes, and 4 seconds. 🌊

PREPARING FOR THE BIG ONE

by Philip Scarborough

ON AUGUST 7, 2003, I SUCCESSFULLY SWAM the English Channel in 12 hours and 8 minutes. I had excellent conditions: flat seas and calm winds. Judged by historic standards, it is remarkable that I was able to make it across on my first attempt as a relatively novice swimmer. I'm not particularly fast or talented in the water, but what I lack in natural ability I am able to make up for in determination, and, in this instance, in organization, preparation, training, and luck. And there is a great deal of luck involved in swimming the Channel: weather, tides, physical injuries, and so on all play a part. But I firmly believe that by preparing yourself for those elements of the swim that you can control (basically everything but the weather) you can make your own luck. My intent in this article is to encourage other swimmers to attempt the Channel crossing, but I must add that my approach is not a formula for everyone. The Dolphin Club offers a wealth of information on doing long open-water swims, so talk to other club members who have crossed the Channel, or who have assisted as crew members. Ask for their thoughts on what went right, but more importantly on what went wrong, and why. Gather as much advice as you can, digest it and formulate it, and then devise a strategy that works for you.

It is crucial to examine your fortitude and motivation before attempting to swim the Channel; that means you must first engage in a great deal of introspection. The sacrifices you must make are unrelenting. If you have a family, discuss your aspirations with them. Time spent training and preparing and agonizing will have to come at the expense of some other part of your life: marathon swimming is inherently a selfish endeavor. There are no awards, no crowds, and no money to be had from swimming the Channel; in the end, only self-

satisfaction awaits you on the French coast. So first and foremost, decide how badly you really want to undertake this swim.

Most importantly, you must surround yourself from the start with an enthusiastic and knowledgeable support team. Open and continual communication is essential and you must theo-



The *Sea Satin*, Duke and Philip's pilot boat.

Prepare for the
"perfect storm," and then
pray that you don't get it.
But if you do, you'll know
you're ready.

Photos: Virginia Scarborough

rise, in advance, every “what-if” scenario that you can imagine. Discuss your desires with your team and make sure they know where you stand on important issues: when to swim, when not to swim, how you react in certain situations, and what your comfort level is in varying degrees of adversity. Once in the water, your life will be in their hands. I was fortunate to have Elmer Tosta and my wife, Virginia, as my crew. Their support was unflinching for two years.

Virginia and Elmer gave so much of their time and energy to making my attempt a successful endeavor that their participation brought an extra measure of inspiration to my swim.

Because of the real risk of hypothermia, and the many changes that your body goes through during such a grueling experience, it is crucial that you get used to long periods of being immersed in cold water while expending an inordinate amount of energy. Some of the best advice I received was that I take a two-year approach to my training. The first year would be spent testing and probing, learning how my body reacted to different situations and stresses. The second year would be all-out training, focusing on refining technique and fitness. It was terrific advice. You must get both your mind and your body ready for a marathon swim. Prepare for the “perfect storm,” and then pray that you don’t get it. But if you do, you’ll know you’re ready. The only way to acclimate properly to dealing with cold water conditions for up to twenty four hours is to gradually build up your body’s immunity to these harsh conditions.

In my opinion, the best way to do long swims in the Bay is to get out of the Cove and into conditions that mirror as closely as possible the conditions you will be facing: rough, windy, and unpredictable. And the only way to put together swims of this duration is to be meticulously organized. It takes a great deal of planning to arrange for pilots and get the logistics worked out for an out-of-Cove swim. I would be remiss if I didn’t mention the pilots who escorted me on Avons and kayaks around the Bay for hours on end, in all types of conditions: Pete Biannucci, Paul Brady, Ed DeCossio, Duke Dahlin, Suzie Dods, Anthony DuComb, Colin Gift, Gary Ehram, Reuben Hechanova, Phil Kohlenberg, Dan McGill, John Ottersberg, Al de La Pena, Elmer Tosta, Keith Weaver, and

Dave Zovickian (logistics). Their sacrifice of time and energy was selfless, and without their help my success would not have been possible. I staggered my long swims four weeks apart, to allow for recovery and maintenance training in between them. In anticipation of an August attempt, my monthly long-swim buildup schedule started in February and peaked in July. The durations, in hours, were: Feb.— 2 hours; March — 3; April — 4; May — 6; June — 8; July — 10.

It’s also important to use different venues and experience a variety of conditions for different training goals. I had success using the Cove for shorter maintenance swims, a pool for speed and technique refinement, and out-of-Cove swims for realistic long-distance acclimation. Aside from swimming, it’s also important to supplement your regimen with weight training. I recommend incorporating weight training with precision techniques to maximize strength and flexibility.

Nutrition during the swim is also a key part of the equation. Experiment with different foods and feeding techniques and keep your feedings as short as possible. Time is of the essence in a Channel swim, as the tides will work against you the longer you’re in the water. Evaluate your own system in realistic situations over long swims to see how your body handles certain foods. Most importantly, settle on your own system well ahead of time and stick with it: do not experiment on the day of your swim. There’s much debate on the topic of weight gain for a Channel attempt, but I don’t believe it’s necessary for Dolphins to gain much weight. Our bodies are already acclimated to cold-water swimming. The only weight I gained was a few pounds of muscle.

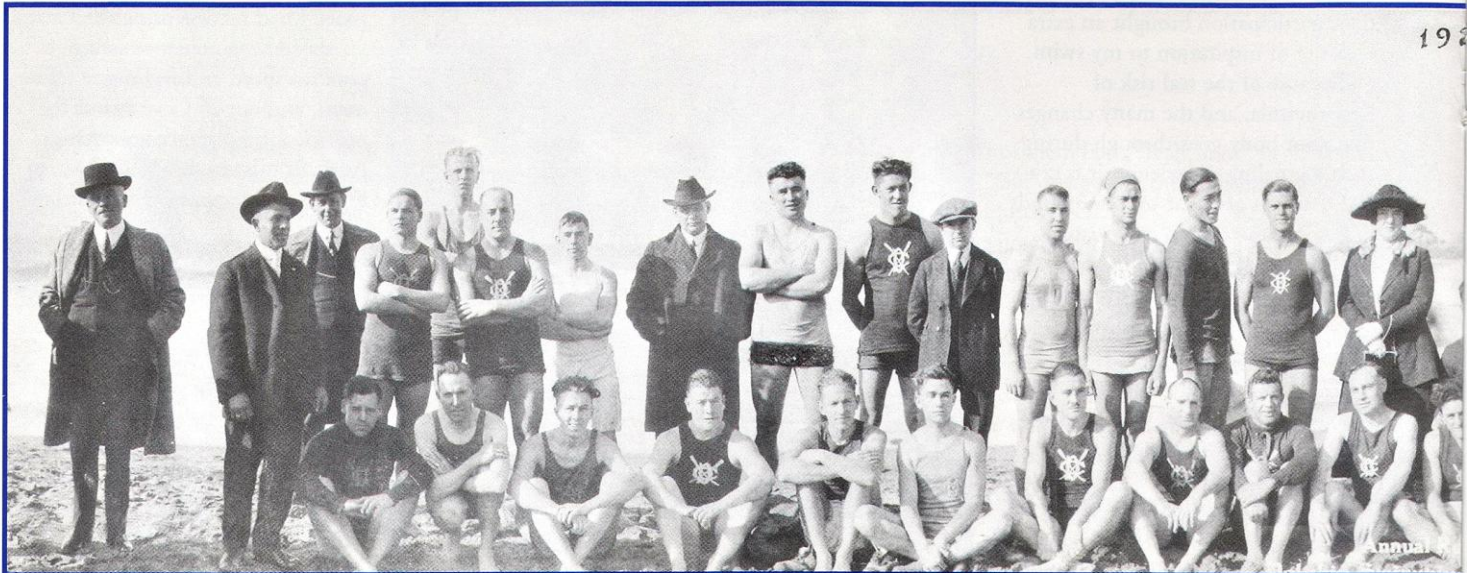
Three years ago, in a conversation describing her successful Channel swim, Suzie Dods said to me: “You can do it.” The thought of crossing the Channel hadn’t even entered my mind at the time, but

the rest, as they say, is history. There are many Dolphins with greater swimming ability than I have. I hope this article will inspire more of you to try it. We’re lucky enough to live on the doorstep of the greatest Channel training area on the planet. The English Channel pilots also recognize the quality of our training ground, and are eager to book more swimmers from San Francisco. So get swimming: you can do it. 🐬



Philip on the beach at Dover and on the rocks at Cape Gris Nez, France

The Annual

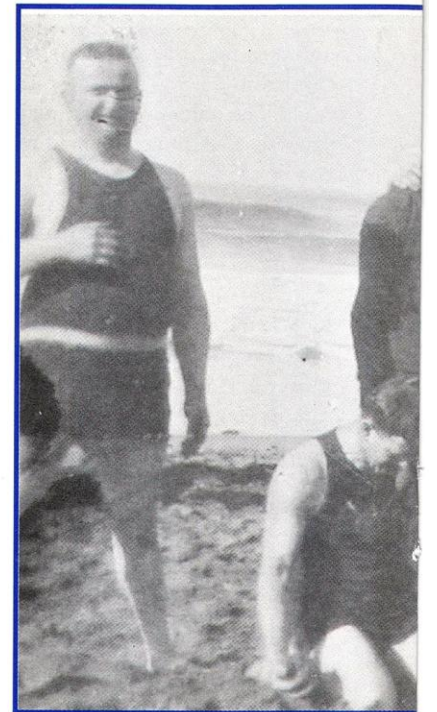


EVERY YEAR THIS GROUP of brave Dolphins challenges the icy water of the Pacific Ocean. It's the most thrilling and joyful feeling to see old and young members participate in this unusual saga. Along the shore, below the Cliff House, with a gray sky and the water dark and sinister, this group of cheerful Dolphins, wearing only bathing trunks, but without showing goose pimples, jumps audaciously into the cold water. In a freezing temperature, this creates an atmosphere of puzzlement among the spectators waiting for the dip to begin, for they are trembling in a cold

wind, even though wearing coats and hats. They are puzzled. Are we Dolphins a different breed of the human race? Yes, we are.

— James Vanya from the *LOG*, February 1967

The Hike and Dip from the Dolphin Club to Ocean Beach, by way of the Presidio, ending with a short dip in the Pacific, was held for 77 years. In its final years, in the 1960s and early 70s, it received a motorcycle escort, courtesy of the San Francisco Police Department. A breakfast at the Cliff House was the reward for the intrepid band of hikers and dippers. 🐬



Hike and Dip



LOITERING ON THE RIVER

by Phil Kohlenberg with Ed DeCossio

In memory of Les Hendry and Ed DeCossio, Sr.

OUR WEEKLONG ROW TO Sacramento in July 2003 was spent rowing and swimming. Nothing else. No driving, no waiting, no timetables, no reservations, no sightseeing, no layover days. No radio or newspapers. Every day we woke at dawn or a little later and started rowing, and kept on rowing until we found a good place to sleep. We stopped whenever we wanted to go for a swim. Sometimes we also stopped to get some food, but mostly we ate what we brought with us in the boat—lamb sandwiches on rye, cheese sandwiches on white, honey cake, lots of dried fruit, and lots of fresh fruit that we kept in a cooler and that was really delicious in the delta heat. We carried sleeping bags and air mattresses and slept on the grass near the boat, or on the decks of unoccupied houseboats. We rowed ten or twelve or thirteen hours a day, never changing positions—Ed always in the stern, Phil always in the bow. We drank gallons of water, buying it at marinas along the way, and chugging it from gallon jugs like teenagers drinking beer. We scooped water from the river with our hats to pour on ourselves as the temperature reached 124 degrees.

We saw great blue herons standing alone on the river bank, great white egrets nesting in trees, and the mud nests of barn swallows under bridges; we saw families of ducks, with the ducklings paddling in a line; fishermen; a Hindu funeral on the riverbank, with flowers, incense, and burning candles. Ed, wearing polarized sunglasses, could spot fish jumping in the river. There were trees covered with clumps of mistletoe; there was an airplane that looked like a flying motorcycle and put-putted like a loud sewing machine, circling us twice as its pilots waved to us. We rowed over the cable of a ferry and under a bunch of bascule bridges. We saw thousands of watercraft—sailboats, speedboats and jet skis. But until the last day of our row, we never saw another rowboat. We met people who had never seen a rowboat before, and who wondered where we put the fuel and where the motor was. (Answer: “We’re the motor.”) When we told people

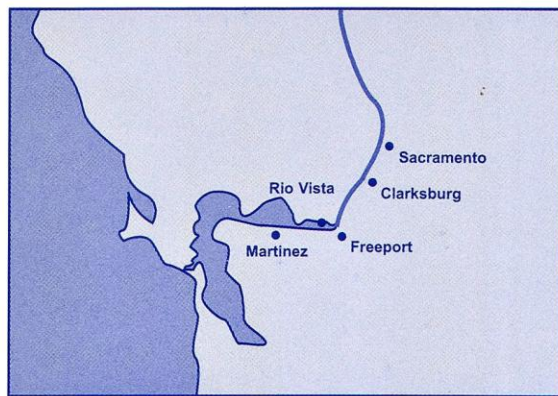
where we were going, most of them said, “Yeah, sure,” or “You’re kidding,” or “You’re crazy,” but one guy, at the Freeport marina, said, “You guys got a lot of heart.”

Dolphins have been rowing to Sacramento since 1955 (see Sid Hollister’s article in the Summer 2002 *Log*). Both Ed and Phil had done the row before, in doubles and in the *Wieland*—Phil twice, Ed many times since 1957, five times with his father, Ed Sr. But on all of these other trips, we had rowed fast and hard and had reached Sacramento in two or three days. This time we wanted a different experience; we wanted to row slowly, at our own pace, with no schedule. So we took five days to row to Sacramento, and two easy days to row back down the river to Rio Vista, where we put the boat on a trailer and hauled it back to the Club. Why not row all the way back? The westerly summer wind was too strong. In the fall, though, it might be possible to row both ways.

The easiest days of the row were the first, when the flood tide

carried us across the Bay and as far as Pittsburg, and the last two, when we floated down the river with the current. The other days were hard, since we were rowing against the river current, and they got harder the closer we got to Sacramento because of the unbelievable heat. On the row upriver, we averaged 22 miles a day, but the average meant nothing: on the first day, rowing with the Bay flood, we rowed 30 miles to Pittsburg; on the fourth and fifth days, going up the main channel of the river, we had to pull hard to make ten miles a day.

On the first day of the trip, we rowed from 8:30 in the morning until way past dark. We launched the boat just before low tide, and the ebb current carried us over to the Sausalito sewage plant, where we caught the flood and sped through Raccoon Strait and over to the eastern shore of the Bay. We stopped for coffee (and a sandwich and honey cake—I had made most of this food at home) at Crockett, underneath the new suspension bridge, and continued up the south shore of Suisun Bay, past freight and Amtrak trains whistling along the shore, past





Pulling out for another day on the river.

Martinez, past Benicia, and past the Port Chicago weapons station, where signs everywhere warned vessels not to come within 300 yards. Did that include us? We ignored the signs and went right on, looking out for security guards or Coast Guards and wondering if we looked like terrorists. But there weren't any guards in the guard towers; security was unaccountably relaxed. We planned to stop at the Antioch marina, but dusk fell, then darkness. We kept rowing along the shore past the noise and glare of the power plants at Pittsburg, until, a bit after 9:30, we reached the Pittsburg marina, tied up the boat, and slept until dawn on the deck of an unoccupied houseboat.

On the second day we started early, and as we rowed past Pittsburg and Antioch, we could see across the San Joaquin River, across low, marshy Sherman Island, and all the way across the Sacramento to Collinsville, four and a half miles away. This stretch of river and marsh seemed awesomely wide to me, but Lou Marcelli knew it well; he commanded his first boat, a Monterey double-ender, when he was 12, crossing from Collinsville to Pittsburg with his mother to go to the grocery store. Soon we began to feel the heat, and when we entered Three Mile Slough we noticed a counter-current to the Sacramento River. It came earlier and harder than we expected. The levees were low and the slough was a narrow thread through walls of tule reeds. We stopped at Eddo's Marina near Three Mile Slough and the owner let us take a shower without charging us; we bought some water and a couple of beers, and had a glimpse of delta society. This marina had a trailer park: people lived on houseboats and in small funky trailers. We talked to a guy who had worked on a fish processor in Bristol

Bay, Alaska, (where Ed gillnetted for sockeye for 10 seasons, and Lou Marcelli for half a lifetime); he had been homeless but now was living in a trailer out back. By 5 PM we reached Brannan Island campground, had a swim, and napped on the dock in the late afternoon shade. When we awoke, in the early evening light, we thought of continuing up to Rio Vista but it just didn't seem important, so we unrolled our sleeping bags and lay on the grass, gazing at the stars and listening to the noise of the highway traffic and the howling of the delta wind.

On the third day, we stopped for a long breakfast in Rio Vista, where a woman with two young kids told us the whole story of her life, and gave us a ride to a supermarket for some fruit and water. When we entered Steamboat Slough, we started seeing teens on jet skis as well as motorboats towing ski boards, and felt the increasing heat, so we stopped whenever we saw a little beach for a couple of minutes of swimming. As we approached Steamboat Landing, at the top of the slough, a guy shouted to us, "That looks like a Dolphin Club boat." He was Marty Vermeulen; he had been in the Club in the early fifties, had done the Gate swim and maybe the Alcatraz swim, and had his wedding reception at the Club. His son had bought the resort at the landing and was restoring it. Marty said we could tie up at his dock; the building had showers and a washing machine and we ended up spending two nights there, that night and another one on the way back. A young couple, spending the night at the landing on a \$500-night houseboat listened to the story of our row and rewarded us with a couple of cold beers.

The fourth day of the row was our first day on the main chan-



Taking a break at Freeport

nel of the Sacramento River, and the day I made a clumsy mistake: I left my pills in the grocery store in Courtland, next door to the Mexican restaurant where we had stopped for breakfast. During the whole trip I was having a lot of back pain, and had been gulping Naproxen like candy. It took me a couple of hours after we left Courtland to realize what I had done, and I began to panic. We reached Clarksburg, the first place we could stop, after three hours tough rowing upstream from Courtland. We tied the boat up at a small marina where there were a few houseboats and I ran down the dock and asked the first person I saw, "Have you got any painkillers?" He said, "I only have Vicodin and Prozac," went into his houseboat, and came out with a couple of bottles of pills. He was Jay Carney, a retired Safeway worker, unexpectedly generous to a strange person with an unusual question. I was frantic, not depressed, so I didn't want any Prozac, but I gladly took a Vicodin and went up the levee to find a phone and call the store in Courtland. They had found my pills, but couldn't send anybody up with them, even when I offered \$30. I asked Jay for a ride, but his wife had the car; he said I should try Larry, farther down the dock. I knocked at Larry's houseboat and told him my story. He didn't want to drive me, he said, because he had just had four beers, and he couldn't lend me the car because it only had enough gas to get his wife to her dialysis and to get to the gas station in Freeport, four miles upstream. But Ed spotted a Medevac transport driver who was waiting for his next fare. For \$20, he took me to Courtland (a ten-minute drive) for the pills and brought me back, while Ed hung out in front of the fan in Jay's hot houseboat. So altogether we killed a couple of hours in Clarksburg. (The grocery store in Clarksburg, where I bought

some Motrin, was cool and dark and could have been a set for a Tennessee Williams movie like "The Fugitive Kind.") When we reached Freeport Marina I was feeling no pain, thanks to the Vicodin, the Motrin, and the recovered Naproxen. At Freeport we had a big dinner of prime rib, our first dinner of the trip; it was a lot more food than we needed. We slept that night right next to our boat on the deck of a vacant speedboat.

The fifth day, we only had ten miles to go to Sacramento, but they were hard miles. The heat was still astounding, and the current was much stronger than we expected; extra water had been let out of the dams to float a world-class powerboat race in Sacramento. On top of that, thousands of boats going up to the race created a lot of wash and a lot of noise. I really got to dislike powerboats on this trip. We stopped around 3 PM at the Sacramento Yacht Club in West Sacramento. Ed and his father had stopped at the old Yacht Club (which back then was at Miller Park) for its regatta when Dolphins rowed to Sacramento in the 50s and 60s. Imagine how our boats must have dignified that race. Now the Yacht Club had a new location and a big new building (which had a kitchen, but no place where we could buy any food). None of the people we talked to had been around there in the 60s or could remember the last regatta, but after they heard our story they offered us bottles of cold water and invited us to use the cold outdoor shower on their dock.

By 5 PM we were in Sacramento. We beached the boat on a sandy island in the river across from Miller Park and had a swim. The island was at the mouth of the Sacramento Ship Channel, which I had never seen, so we rowed up to see the lock. We heard there were snapping turtles up there, but couldn't find any; still,

that half-hour was a little lesson in industrial archaeology. The lock of the Ship Channel was 30 or 40 feet high, and flanked by huge arcing walls. Through the crack in the closed lock we could see the other side, but couldn't get through. The Ship Channel was opened in 1961 so that ocean-going ships could come up to the Port of Sacramento, but only on the flood tide. The channel is still open, but the lock was closed in 1987 when the state and the city couldn't afford to operate it any more. The UC Davis Rowing Club rows their shells in a small lake behind the lock. Ed said you could only get there by driving, and the Port security guard had a list of members' names; nobody else could get in. So we turned around and rowed toward Old Town Sacramento. The race was over and most of the pleasure boats were gone, but it was still hot, and the river current still strong. Around 7 we reached the dock at Old Town and tied up our boat under a "No Loitering" sign, then walked down the dock to the *Delta King*, the old passenger steamboat, now a floating hotel. We couldn't resist. So we got a room with a couple of beds, a bath, and a continental breakfast, showered, and went out for dinner in Old Town. I slept like a rock in that soft bed, my first good night's sleep on the trip.

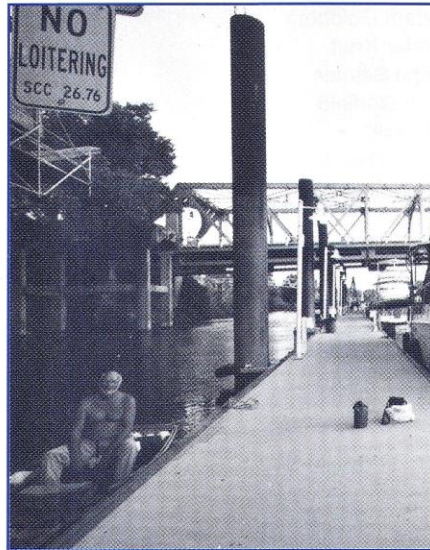
We started back the next morning at 11, after breakfast. There was no hurry because we were going downstream. That day our only stop (except for lunch at Freeport) was at a crumbling dock just south of Sacramento, where Ed wanted to look for Da Rosa's Marina, where he had often stopped with his father during the 20 years they had rowed together to Sacramento. (Before it had been Da Rosa's, the marina had been called Wheeler's Landing and Riverside Landing.) The dock was falling apart but the ten-foot high gate was intact, so Ed climbed over it and went up the bank to search for the orchard whose figs he and his father, and other Dolphin rowers, had eaten years before. No luck: both Da Rosa's and the fig orchard had been replaced by a suburban housing development. We spent that night at Steamboat Landing again, and the next day continued down the river on a stretch neither of us had seen. I wanted to see Locke, the famous Chinese delta town. It had a marina with a huge warehouse, but we were chased away by the owner, the only truly rude person we met on the trip. We had tied up the boat underneath his launching elevator (without noticing it) and he wanted to lower it. He wouldn't let us tie up at his marina and said there was no place in town to get breakfast, (there were at least two places, but why be picky?) so we rowed about ten minutes farther down, past the Cross-Channel Canal, which connects the Sacramento to the San Joaquin by way of the Mokelumne, and tied up at Walnut Grove, the only place we found on the river where a dock had a welcome sign. We got some breakfast at a levee road café in Walnut Grove, then walked down below the levee to look at the old Chinatown and Japantown. When we got back to our boat, a guy was waiting for us. He had seen us row by from across the

river, and rowed over in his dinghy to look at our boat. He was a disability-retired firefighter named Dennis, living on his sailboat with his wife, who worked at the Ryde Hotel, a few minutes downstream. He was the only person we met on the trip who showed any interest in our rowboat.

We continued floating downstream, past Isleton. This whole part of the river passed for the Mississippi in a bunch of Hollywood movies, including a 1939 film of *Huckleberry Finn* with Mickey Rooney and Rex Ingram as Huck and Jim, and Walter Connolly and William Frawley as the King and the Duke. I own a pair of William Frawley's pants from this film, purchased for \$2 years ago at the MGM auction, so I told Ed about the film and we spent a lot of time talking about Huck Finn, and about our adventure, which differed from Huck's in a couple of ways. We passed under several more bridges, past more settlements of houseboaters, and past increasingly expensive vacation homes. From across the river we saw an accident: a couple of teenage jet skiers crashed into each other. They both swam back to their craft, but one was hurt. We didn't need to help: in a couple of minutes the unhurt one sped back across the river to his village, and half a dozen power boats came out to rescue the victim. Soon after, a fire engine from the Rio Vista Fire Department arrived. We learned the next day that the injured kid had a broken ankle.

We reached Rio Vista by 5 PM. The last couple of hours, we still had the current with us, but we were rowing into the strong delta wind and had to work hard. We tied up at the marina in Rio Vista and went into the bar, where a waitress told us, "Are you the guys who rowed to Sacramento? You guys are famous all up and down the river." I wasn't sure what this meant, but decided to take it as a compliment. The marina operator gave us some generous and unexpected help — he told us the combination to his wash-room, which had a shower. We went out for a Chinese dinner, then slept on the grass of the marina until the lawn sprinklers turned on and gave us a second unexpected shower in the middle of the night. The next morning, we spent an hour at the Rio Vista Public Library looking at books about the delta. That afternoon, Ed's wife, Jennie, and son Dan arrived with the trailer, a wooden flatbed. Ed and Dan rigged up a support for the keel; we pulled the boat on and tied it down. It was as solid as if the whole thing were a single piece. We crossed the river at Rio Vista Bridge, drove back along Highway 4 at rush hour, and reached the Club in less than two hours. A week on the river, totally out of the world, but we were never more than a couple of hours from home.

Remember the end of *The Great Gatsby*? "So we beat on, boats against the current, borne back ceaselessly into the past." The row up the river is like this, a trip into the past as well as into the heat and mists of the interior, and all around are spirits of Dolphins who made this trip in years past and left the marks of their oars on the waters of the river. 🐬



Carrying on a renowned Dolphin Club tradition — defiant loitering.

Photo: Phil Kohnberg

DOLPHIN LOG SWIM STATISTICS

2002-03 Polar Bear final results

Suzie Dods	256 - New Club Record!	Rick Avery	67 -Virgin	John Pelka	48
Joe Illick	204 - Triple His Age!	Brian Herrick	67-Virgin	Sunny McKee	47.5
Phil Scarborough	168	Krist Jake	66	Natazha Bernie	47.25 -Virgin
Ralph Wenzel	147	Jim Frew	65-Virgin	Don Campbell	47
Duke Dahlin	147	Neal Powers	61	Mary Alex	47
Si Bunting	117	Adam Goldberg	60.75	Rebecca Tilley	46.5
Laura Merkl	109	Pieter Kruit	60 -Virgin	Tom Hoffman	46.25
Andreas Kohler	103.5-Virgin	John Selmer	57	Milan Odehnal	46
Candace Kelly	100	Sue Garfield	54.5	Steve Townsend	46
Phil Rollins	86	Ali Hall	54	Rey Hassan	45
Hugh Kim	80	John Theede	52.25	Mimi Osborne	45
Peter Conidi	77.5	John Ottersberg	50.75	Naphtali Offen	45
Elodie Harms	77.5-Virgin	Anne Barbaret	50.5 -Virgin	Carter Seddon	44
Ted Tilles	71.5	Mark McKee	50.5	Phil Kohlenberg	43.75
Mark Mullen	68	Tom Keller	50	Cynthia Skovlin	43.75 -Virgin
Vince Huang	67.5 - 25 th consecutive Polar Bear	Peter Drino	50	Conrad vonBlankenberg	42.5
		Sean McFadden	50 -Virgin	Larry Scroggins	42
		Vic Pizarro	50	John Dugan	42
		Laura Burtch	49	David Zovickian	42

Escape from Alcatraz 2003 Results

	SWIM	BIKE	RUN	TOTAL	WETSUIT/FINS				
1. Ian McLean (dc)* 1st. male	43	46	2:25	3:54	1. Pat Tomada ws/f (se)*	41	75	3:22	5:18
2. Mark McKee (dc) Fastest run	50	50	2:19	5:59	2. Stephen Anderson ws (dc)	52	63	3:47	5:42
3. George Rehmet (se)*	45	46	2:35	4:06	3. John Finn f (se)	*	46	92	4:25
4 Bill Hadley (dc)	48	51	2:44	4:23	4. Mike Lagios ws/f (se)* Oldest	55	67	5:29	7:29
5 Eric Burke (dc)	46	53	2:51	4:30					
6. Sean McFadden (dc)*	41	48	2:45	4:34					
7. Edison Peinado (se)*	33	44	3:25	4:42					
Youngest; fastest bike									
8. Morris Cheston (dc)	44	46	3:16	4:46					
1st. male cruiser									
9. Rebecca Tilley (dc)	45	46	3:16	4:46					
1st. female									
10. Neal Rayner (dc)*	38	56	3:30	5:04					
11. Mike Webb (dc)	47	59	3:28	5:14					
12. Peter Molnar (dc)*	47	59	3:28	5:14					
13. Hal Offen (dc)	60	63	4:14	5:17					
14. Sunny McKee (dc)	46	57	3:34	5:17					
15. Philip Scarborough (dc)	38	54	3:52	5:24					
16. Anthony DuComb (dc)	59	56	3:29	5:24					
17. Jon Nakamura (dc)	40	57	3:49	5:26					
18. Ben Grieb (se)*	50	63	3:38	5:31					
19. Tom Linthieum (se)*	51	71	3:43	5:45					
20. Andy Field (se)*	54	73	3:45	5:52					
21. Gina Rus (dc) 1st.female cruiser	45	63	4:00	6:18					
22. Mary Cantini-Norkin (dc)	66	73	4:00	6:19					
23. Hugh Kim (dc)*	50	85	5:16	6:51					
24. Louise Bea (dc/se)*	ntr	2:18	5:52	7:10					
25. Linda Nowell (se)**	63	84	5:13	7:40					
26. Keith Nowell (se)*	58	89	5:13	7:41					

*first time competeing



The victorious *Wieland* crew and coach: (L to R) Katie Cronin, Susan Allen, Corrina Witt, Rachel Perry, Sunny McKee, Diane Schatz, Margaret Keenan, Cynthia Skovlin... and Greg La Roche, coach and coxswain.

Alcatraz Swim September 6, 2003 Final Results

Dan Taaffe	41.75
Susan Cobb	41.75
Michael Lord	41.5
Pete Neubauer	41.5
Steve Worthington	41.25
Tom McGraw	41
Peter McLaughlin	41
Pavla Podolska	41
Jackie Merovich	41
Omer Thompson	40.75
Lee Hammack	40.75
Liz Ann Schiff	40.5
Jon Nakamura	40.5
Tom Kuglen	40.5
Darcy Wettersten	40.5 -Virgin
Mickey Lavelle	40.5
Anthony DuComb	40.5
Roy Bergmann	40.5-Virgin
Greg Simon	40.25
Becky Fenson	40.25 - Using only one arm!
Adam Engelskirchen	40.25
Alan Budenz	40
Trish Miller	40
Dave Maloney	40-Virgin
Drew Sullivan	40

OLD GOATS

Dan Osborne (69)	31
Jerry Cullen	30.5
Herb Madden	27
Keith Weaver	25.5
Maria Beden	22.5
Don Reid	20.25
Ray Artigues	20

1. Suzanne Heim	29.03
2. Neala Kendall	31.52
3. Si Bunting	32.26
4. John Ottersberg	32.38
5. Tom Keller	34.11
6. Laura Burtch	34.33
7. Drew Sullivan	35.22
8. Ralph Wenzel	37.05
9. Michael Tschantz/Haan	37.14
10. Ali Hall	37.40
11. Alan Budenz	38.13
12. Paul Wolf	38.37
13. David Rich	38.54
14. Eric von Blankenberg	39.07
15. Andreas Kohler	40.11
16. Sean McFadden	40.12
17. Phil Rollins	41.36
18. Pat McGarvey	42.11
19. Margaret Keenan	42.22
20. Joe Omran	42.41
21. Joanne Desmond	43.13
22. Todd Oppenheimer	43.21
23. Conrad von Blankenberg	43.43
24. Joe Illick	43.49
25. Ian MacLean	44.07
26. Karen Boyer	44.42
27. Tom Bishop	45.02
28. Larry Scroggins	45.49
29. Jim Barron	45.50
30. Joe Ferraro	46.30
31. Neal Powers	46.40

32. Bob Blum	47.03
33. Hugh Kim	47.30
34. Ted Tilles	47.57
35. Rick Avery	48.22
36. Megan Sullivan	48.55
37. Susan Cobb	49.52
38. Robin Rome	50.12
39. Nicole Delisi	51.16
40. Ken Coren	53.17
41. Natazha Bernie	56.22
42. Jim Frew	56.53
43. Naphtali Offen	57.36
44. Rey Hassan	58.09
45. Sue Garfield	58.57
46. Joe Mannion	61.11
47. Susan Lauritzen	61.14
Steve Lathram	61.14
49. Roger Klieid	62.42
50. Fred Anderson	62.54
51. Ed DeCossio	66.44
52. Richard Haynes	67.07
53. Will Powning	68.48
54. Debbie Rose	72.36
55. Sarah McCuskey	87.50
56. Pavla Podolska	122.13

PILOTS: Susan Allen, Judi Apfel, Ray Artigues, Marcus Auerbuch, D.B. Beal, John Blackman, Jenny von Blankenberg, Paul Brady, Peter Brandt, Mary Cantini, Lindsay Casablanca, Michael Ciofalo, Susan Cobb, Rich Cooper, Duke Dahlin, Peter Darlington, Anthony DuComb, Jim Fagan, Rhodes Fishburne, Colin Gift, Don Harrison, Hal Irish, Phil Kohlenberg, Dan

DOLPHIN LOG SWIM STATISTICS

McGill, Sunny McKee, Tim McElligott,
David McGrane, Dolores Meehan, Dan
Osborne, Al de la Pena, Mike Pacilla,
John Peltier, Philip Scarborough, Rebecca
Tilly, Monica Towers, Noel Turner, Bob
Weil, David Zovickian

HELPERS: Fred Anderson, Nick Blum,
Karen Boyer, Nicole Delisi, Pam Derks,
Suzie Dods, Sue Garfield, Van Hart,
Richard Haynes, Suzanne Heim, Krist
Jake, Karen Jenkins, Andreas Kohler,
Mike McElligott, Pat McGarvey, Pete
Neubauer, Lorna Newlin, Joe Omran, Mimi
Osborne, Pavla Podolska, Neal Powers,
Neal Rayner, Phil Rollins, Megan Sullivan,
Darcy Wettersten

Golden Gate Swim

September 20, 2003

Final Results

**A perfect morning, sun shining, no fog,
moderate ebb at end, great pilot cover-
age, breakfast provided by the Barron
family and Hyo Kim. Thanks to all for a
wonderful Golden Gate Swim.**

1. Neala Kendall	22.30
2. Si Bunting	23.08
3. Tom Keller	24.54
4. Candace Kelly	25.00
5. Ralph Wenzel	26.02
6. Neal Rayner	26.04
7. Michael Tschantz-Hahn	26.11
8. Brian Herreck	26.59
9. Eric von Blankenberg	28.44
10. Karen Boyer	29.09
11. Micky Lavelle	29.34
12. Phil Rollins	29.38
13. Joe Omran	30.23
14. Karina Liberty	30.38
15. Todd Oppenheimer	30.53
16. Joe Illick	30.59
17. Hyo Kim	31.07
18. Conrad von Blankenberg	31.41
19. Jim Barron	32.06
20. Krist Jake	32.30
21. Larry Scroggins	33.03
22. Mary Alex	34.16
23. Nicole Delisi	34.19
24. Bob Blum	34.27
25. Neal Powers	34.38
26. Jennifer Lamers	34.53
27. Megan Sullivan	35.00
28. Joe Mannion	35.06
29. Ken Coren	35.10
30. Ted Tilles	35.33
31. Conrad Liberty	35.51

32. Rick Avery	36.33
33. Robin Rome	37.32
34. Susan Garfield	37.35
35. Mark McKee	38.40
36. Susan Cobb	38.51
37. Lorna Newlin	39.22
38. Pete Neubauer	39.55
39. Adam Goldberg	40.12
Steve Lathram	40.12
41. Hal Offen	40.29
42. Jim Frew	40.49
43. Ed DeCossio	40.54
44. Mary Cantini	41.28
45. Debbie Rose	41.35
46. Anthony DuComb	45.25
47. Will Powning	47.10
48. Sarah McCuskey	47.22

HELPERS: Nick Blum, Jim and Roxanne
Barron, Si Bunting, Eric Burke, Lindsay
Casablanca, Kate Coleman, Suzie Dods,
Anthony DuComb, Sue Garfield, Liam
Hennessy, Candace Kelly, Pat McGarvey,
Laura Merkl, Hyo Kim, Mike McElligott,
Nephtali Offen, Joe Omran, Mimi
Osborne, Phil Rollins, Darcy Wettersten

PILOTS: Susan Allen, Ray Artigues,
Marcus Auerbuch, David Bradden, Rich
Cooper, Peter Darlington, Gary Ehrsam,
Jim Fagan, Phil Fernandez, Bob Fewster,
Phil Kohlenberg, T. McElligott, Dan McGill,
Marla McGowan, Dolores Meehan, Dan
Osborne, John Ottersberg, Al de la Pena,
Kent Redwine, Emily Roth, Cynthia
Skovlin, Jim Weil

Over 60 Cove

October 5, 2003

Sunny and calm

Course "60"

1. Jim Hulihan	18:19
2. Joe Illick	19:23
3. Conrad von Blankenburg	19:27
4. Glynn Jones	19:53
5. Dan Osborne	21:31
6. Keith Howell	27:03
7. Pete Bianucci	31:21
8. Ed DeCossio	31:21
9. Sarah McCuskey	34:34
10. David Broadbear	37:23
11. Mimi Osborne	38:17

Course "6"

1. Phil Fernandez	18:37
2. Bob Danielson	18:44
3. Sid Hollister	18:53
4. Rudy DeMay	25:27
5. Keith Weaver	25:50

6. Ray Artigues	29:05
7. John Davis	9:32
8. Phil Kohlenberg	39:52

"Lou's Course"

Bob McKenzie	14:11
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Pilots: Susan Allen, Larry Scroggins, Don
Harrison, Colin Gift

Helpers: Keila Hurwitz, Krist Jake, Marty
Jake, Joe Omran, Laura Atkins, Ahn
Oppenheimer, Bob Blum, Sid Hollister,
Sue Garfield, Nick Blum

Pier-to-Pier

(Neil Hartnett) Invitational

August 23rd

**Seas — wet...and hot, hot, hot; winds
— calm; tide—"In your face" flood**

Course: South End Pier to Dolphin Pier

Sanctioned: Not

Time In Seconds

15.09	Mark "The Flash" Deadder, three-time champion and world record holder*
17.17	Matt "The Dude" Sheridan
18.05	John "Choo-choo" Mervin
18.21	Megan Sullivan - 1 st Female
18.60	Neil Hartnett - 1 st Butterfly
20.94	Colin "Zoom" Gift (Official Pier- to-Pier Photographer)
21.14	Bob Blum - 2 nd Butterfly
24.50	Dolores "Boogie Woogie" Meehan
24.56	Jennifer Lamers
27.14	Pat Howard - Still Smokin'!
30.00	Suzanne Friedrich - 1 st Breast- stroke, Most Colorful Cap
42.00	George "The Boxer" Howell - 1 st Swim (Ever!)
**	Kate Cronin - Official Pier-to-Pier Casting Agent, Best Straw Hat

* World Record: 13.83, set 9/9/00

** Timer was "busy" (Wake up All!)


Pilots: Al de la Peña (Can you pilot from
the pier?)

High Commissioner: Al de la Peña

Trophies: Al de la Peña

Kitchen Help: Signe Curtis, Megan
Sullivan, Neil Hartnett

Timers/Recorders: Al de la Peña, Mary
Beth Sheridan

Protestors: Al de la Peña 

PRESIDENT'S REPORT

A PERSONAL THANK YOU

by Anthony W. DuComb

MY TWO-YEAR TERM AS PRESIDENT of the Dolphin Swimming and Boating Club is concluding as I write this report for the *Log*. Looking back to November 2001 when I decided to run for office, I recall that my primary goal was to provide leadership aimed at preserving the Club for future generations. The Club cannot survive as a vital community on the edge of the Bay without the steady participation, volunteerism and cooperation of its members.

For the many members who contributed their time and energy over the past two years, I extend a personal note of appreciation. In particular, I am grateful for the assurances of confidence in my leadership during times of tension and controversy in the Club. Your words of encouragement helped me stay the course and persist in efforts to listen, mediate and work hard to resolve areas of difference within our richly diverse membership.

January, 2002, marked the dual anniversaries of the Club's 125th year and the 25th year of opening our doors to full Dolphin membership for women. Scores of members helped make the celebration of those twin events at the Oldtimers Dinner a memorable occasion. Mayor Willie Brown made an appearance to present a citation in our honor ...and a less favorable assessment of our sartorial choices. The induction of the first women to become Life Members was an occasion for reflection on the progress that all of us have made as a society during our lifetimes. And, as with all of our banquets and parties of the past two years, the food was bountiful and the wine flowed freely.

During 2002 and 2003, the Swim Program continued to organize the events that are highlights for members who enjoy the thrill of open-water swimming competition. Hundreds came out to row, swim, and run in our unsuccessful attempts to wrest the Triathlon Plaque from the South End Club. Even though we were not the overall victor this

year, many of us took great delight in the performance of our women rowers. After hours of training with a dedicated coach, the Dolphin women oared the *Wieland* home to victory in the 2003 battle of the barges.

The rowing program now offers members more comprehensive training in all the Club craft, including a new kayak and double shell. Our original Escape from Alcatraz Triathlon recently marked its 23rd birthday with new volunteers stepping up to assist members who have been running the event since it first began. As noted elsewhere in these pages, two more members joined the pantheon of Dolphins who have crossed the English Channel as solo swimmers.

The Board and Building Committee oversaw improvements to facilities that included a major face-lift for the pier, a new coat of paint for the building, a refurbished kitchen, a newly varnished floor in the boathouse, new windows and skylights in the Sancimino and weight rooms and elsewhere, and new fans and a new ventilation system in the women's locker room. During the days of dust and displacement, dozens of volunteers continued to sweep, scrub, wash, and empty in an ongoing effort to keep our Dolphin home clean.

The membership remained steady at 950, and Club finances were managed with care by the Board to ensure that we will begin 2004 on a firm and secure footing. Others continue to lead the way in raising money for the Dolphin Club Building Fund, which now stands at \$17,500 and growing. The Club membership also generously contributed a few thousand dollars to help support the youth swim program run by the San Francisco Boys and Girls Club.

None of these notable events, achievements, and projects would have been possible without the enthusiastic participation of many individual Dolphins. I hope that those who responded willingly to my nudges, pushes and reminders about the need for all of us to work together have been repaid for your efforts with a greater sense of connection to our unique community on the edge of the Bay. 🐬

Dolphin Swimming &
Boating Club

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San Francisco, CA
94107

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DOLPHIN CLUB – SWIM SCHEDULE 2004

January 1	Thurs.	South End New Year's Day Alcatraz	.tbd
		New Year's Day Cove	.10 am
February 21	Sat.	* Midwinter Gas House Cove	.10:00 am
March 21	Sun.	Spring Cove/End of Polar Bear	.9:00 am
April 10	Sat.	* Pier 43	.7:30 am
May 9	Sun.	* Pier 39	.7:30 am
May 16	Sun.	* Yacht Harbor	.8:00 am
June 1	Tues.	* 100-Mile Swim begins	
June 6	Sun.	* Crazy Cove	.9:00 am
June 18	Fri.	* Twilight Cove/Pot Luck dinner	.6:00 pm
July 11	Sun.	Joe Bruno Golden Gate	.9:15 am
July 17	Sat.	* Crissy Field	.9:30 am
July 17	Sat.	Tahoe Relay	.tbd
July 31	Sat.	* Fort Point	.9:00 am
August 7	Sat.	* Santa Cruz One Mile	.11:00 am
August 14	Sat.	* Over 45 Gas House Cove	.10:00 am
August 20	Fri.	* Twilight Pier 43	.6:15 pm
September.12	Sun.	Over 60 Cove	.10:00 am
		Introduction to Bay Swimming	
September 19	Sun.	Alcatraz	.8:45 am
September 26	Sun.	Dolphin / South End Triathlon (South End hosts)	.tbd
October 3	Sun.	Escape from Alcatraz Triathlon	.9:00 am
October 17	Sun.	Handicap Cove	.9:00 am
October 31	Sun.	100-Mile Swim ends	
November 13	Sat.	Pilot Appreciation Dinner	.tbd
November 25	Thurs.	Thanksgiving Cove	.9:00 am
December 19	Sun.	New Year's Day Qualifier	.10:00 am
		Christmas Party	.noon
December 21	Sun.	Start of Polar Bear	

ROWING TRAINING (ALL FALL ON SATURDAYS, EXCEPT FEB. 22ND)

JAN.24	MARCH 20	MAY 22	JULY 24	SEPT. 18	NOV. 20
FEB.22	APRIL 24	JUNE 19	AUG. 21	OCT. 23	DEC. 18

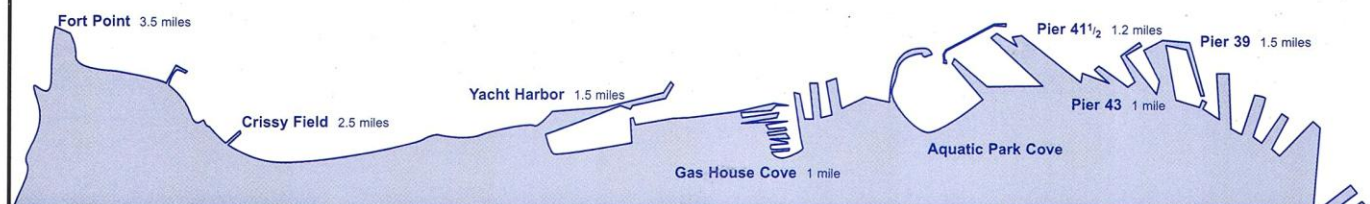
SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commissioner.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.



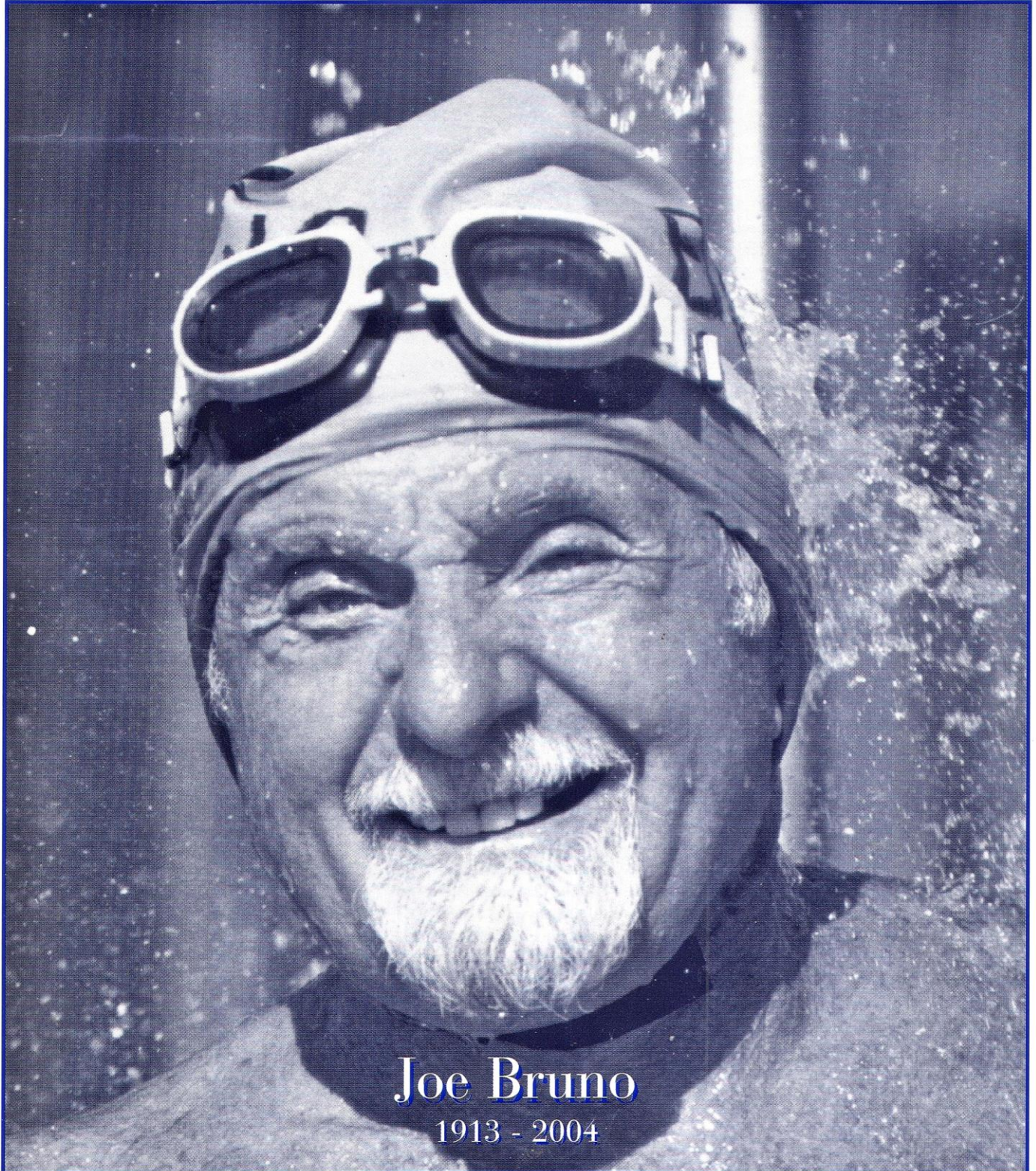
Additional qualifications for Alcatraz and Golden Gate Swims

10. In-town members must successfully complete 2 swims marked with a wheel (*) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, nonqualified members will be given priority in qualifying swims.



DOLPHIN LOG

Spring 2004



Joe Bruno

1913 - 2004

NEWS AND NOTES...

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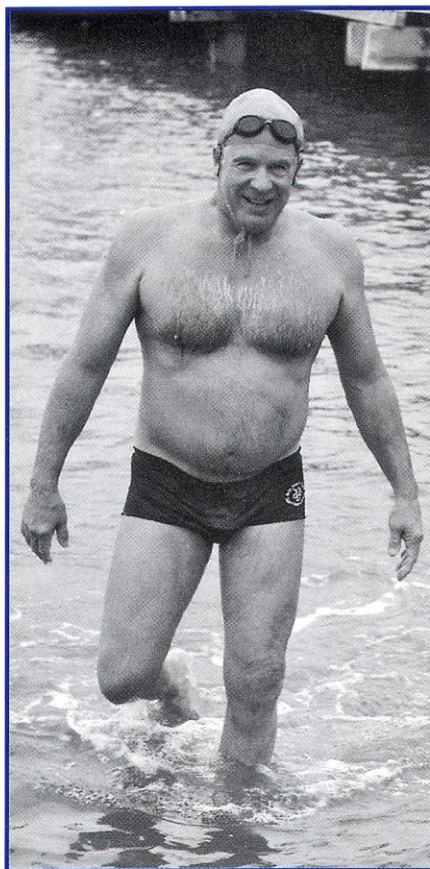
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Mike Garibaldi

Honors to Mike Garibaldi

BEST DOLPHIN TIME for the Fort Point Swim, 29 minutes – Mike Garibaldi; best Dolphin time for the Yacht Harbor Swim, 23 minutes, 19 seconds – Mike Garibaldi; best Dolphin time for the Golden Gate swim, 18 minutes, 25 seconds — Mike Garibaldi; and so on. Who is this guy, anyway?

Mike Garibaldi clearly was – and still is – one hell of a swimmer. His speed and prowess in the water received special recognition on January 10, 2004, when he was one of nine athletes inducted into the International Masters Swimming Hall of Fame in Ft. Lauderdale, Florida. The International Masters swimming program

includes athletes 25 years old or older and progresses at five-year age group intervals.

The recognition was not only for Mike's speed but for his skill in and dedication to water polo. An alternate on the 1964 US Olympic Water Polo Team, Mike helped organize the first US National Masters Water Polo Championship and coached swimming and water polo at a number of California high schools, colleges, and universities, including San Francisco State and the University of San Francisco.

He currently lives in Napa where he swims in Napa Valley College's 50-meter pool and coaches both boys and girls high school water polo teams. And, of course, he drops in at an occasional Dolphin swim just to keep the Club's better swimmers sharp.

— Sid Hollister

Dipping in the U.K.

IN THE MIDST OF LONDON's Hyde Park lies the Serpentine, a 41-acre lake. It was there that I appeared on a late October morning, searching out the swim accommodations.

What I found was no Dolphin Club, but a small (perhaps 10 by 25), co-ed locker room/kitchen housing the Serpentine Swim Club. "I suppose yours in America is larger," remarked one of the twenty-odd members, of whom only six or eight had appeared for the morning immersion, constantly bantering and seemingly oblivious to the cross-gender undressing (as feared, the Chunnel has brought French behavior to the U. K.). I pulled my trunks out of my pocket and, beginning to disrobe, asked for the water temperature. "Forty-five degrees," came the answer, "but of course you needn't go in." Which meant I had to.

I double dipped, two five-minute plunges that left me chilled. "Where's the sauna?" I queried, tauntingly. "Beside the door," laughed a recently-emerged swimmer, pointing to a plastic pan of tepid

water that served as a foot-warmer.

I tried to raise my body temperature with a cup of tea. Though the air and water were cold, the locker room atmosphere was warm, what with introductions, jokes for the benefit of the visiting Yank, and questions about the Dolphin Club.

The following morning at my new club-away-from-Club, I inquired about the ponds in Hampsted Heath, which I knew the city authorities were attempting to close to pre-dawn dips. "I'd go to jail opposing that," exclaimed one chap, elaborating: "It's a matter of privileges." Then he glanced toward the door and the water outside, which had dropped to 44 degrees overnight, and added: "But I wouldn't mind if someone stopped me now."

That's England. Beneath the occasional frostiness and stiff upper lip, there's humor that betrays a fundamental friendliness. And, of course, civility is ever-present.

After my swim I hurried to the Liverpool Street rail station and my train to Norwich, where I had taught at the University of East Anglia almost a quarter century ago. I was visiting a former colleague who was celebrating his seventieth birthday, as well as entertaining me in his aptly-named home, Mill Race.

For my next baptism I chose the mill pond that fed the race, much to the manifest displeasure of the resident swan, who threatened to attack me. Or so my host observed in the same breath as he challenged my sanity. And indeed, the water was palpably colder than that in the Serpentine; probably the brook flowing into the pond was spring fed. For three mornings I mainly breast stroked, since dunking my head was so painful.

My following stop was the Lake District, just west of Lancaster, where my friends indulged my cold-water habit by stopping along the shore of Ullswater Lake, where I stripped to my underpants and waded into the drink. It felt no colder than the Serpentine, though I spent only a few moments in it, knowing there was no cup of tea waiting to warm me.

Before returning to London, I visited a

former student in Hereford on the Welsh border and fully intended to dive into the Wye River while there. She was of a completely other turn of mind, warning me that the Wye was a carrier of Weils disease (jaundice acquired by contact with the urine of infected rats). If that wasn't bad enough, her husband added, fishermen along the river had dug holes to create vortexes to trap their catch, and several people drowned in these whirlpools every year. None of this sounded quite plausible to me, but as a well-behaved guest I elected to stay out of the water.

By the time I reached London again I was coming down with a cold, probably a product of the crowded trains and not cold-water swimming. Anyway, I felt no need to explore the Thames or the ponds in Hampsted Heath. I leave that to mad dogs and Englishmen.

— Joe Illick

Dolphin Club Boat Program Starting In A New Direction

THIS YEAR THE DOLPHIN CLUB has two Captains, the Boat Captain, and the House Captain. As the Boat Captain for 2004, I want to introduce here some of the changes in the Club Boat Program for this year.

First of all, we are continuing the Boat Committee, which oversees the Boat Program and was started in 2003 by Boathouse Captain, George Robin. We are also following up on some of his other ideas and have begun to introduce a few of our own. The Boat Committee meets the first Wednesday of every month at 6:30 p.m. at the Club. All Dolphins are welcome to attend.

Second, we have selected some of the most talented rowers in the Club to manage various segments of our program. Some advisors with special training and skills will complement these managers, greatly enriching training resources.

Our shell manager is Emily Roth (roth@mcn.org). Emily maintains the shells in our Jefferson St. home and works with Gary Ehram, who is the Dolphin Club Shell Trainer at both Lake Merced and Aquatic Park. To row the shells at either location, you must first successfully complete Gary's training at Aquatic Park. If you want to go on to row shells at Lake Merced, you must have Jim Storm at Lake Merced qualify you. If you have any shell questions contact Emily, who can also put you in touch with Jim Storm.

We will be launching a new shell at Lake Merced soon and will be hosting an open house and barbecue for this event. Come out and become familiar with the Club's Lake Merced facility. We'll keep you posted on the date and time.

Dan McGill (dmcgill68@aol.com) manages and maintains our kayaks and works with Colin Gift, who does our kayak training. Dan has tagged all of our kayaks in order to track their use and make sure members are not using the Club just as a storage space. He makes sure all the boats are seaworthy and

continued next page

THE DOLPHIN CLUB BUILDING FUND

*An opportunity to support
the long-term capital needs
of your Club through
a tax-deductible contribution or gift.
for additional information contact:*

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Meg Reilly
megreillyusa@hotmail.com
Anthony DuComb
aduComb@directinternet.com

NEWS AND NOTES...

from previous page

equipped with the required safety gear. If you want to learn how to kayak, zip an e-mail to Dan and he will set you up with Colin Gift. If you are interested in bringing your kayak to the Dolphin Club, check first with Dan.

John Latta (johnlatta@att.net), our singles manager, teaches beginning rowing training for members who want to row Club boats. Even if you've rowed at another club, on a college rowing team, or as a recreational rower, you must complete this Club training to row Dolphin boats. John keeps the singles in good order and is Boat Committee representative at boat night, which is every Tuesday at 6:00 p.m. in the Club's boat-building shop. To learn about building, repairing and maintaining our remarkable fleet, come to boat night. You'll get professional guidance, lots of hands-on experience, and get to know other Dolphins. Just show up.

Ed De Cossio (Edward.DeCossio@dgs.ca.gov.) manages our doubles. After completing your initial rowing training, some of you may want to row doubles, which in the past has not always been an easy transition. Now, if you want to move into the doubles, all you have to do is get in touch with Ed for training and assistance.

Neil Hartnett (hartnett@FRYS.com.) is manager of the *Wieland*, the Club's six-rower barge. He plans to organize a men's team to compete in events similar to the women's race every fall against the South End Club's barge (won in 2003 in stunning fashion by the Dolphin women). Neil is also Pilot Captain for 2004 and will hold several pilot training sessions during the year so our pilots can keep their skills well-honed. If you're interested in piloting an out-of-cove swim, and have had rowing or kayak training, sign up for one of Neil's sessions. It's a good way to qualify for the Golden Gate or Alcatraz swims and your help is both needed and appreciated.

The Dolphin Club has three motor-driven craft — the larger *Arias* and two smaller *Avons* — that patrol the outer

edges of all out-of-cove swims to prevent other boats from intruding into our swim packs and seriously injuring our swimmers. These boats are also used to assist any swimmer who may have difficulty finishing a swim. To be trained for operating the two smaller *Avons* you must first have had a year piloting out-of-cove swims in a rowboat or kayak, or on a paddle board. To become an *Arias* captain, you must, in addition, have had another year piloting out-of-cove swims in an *Avon*. Operation and training of the motorized craft are managed by yours truly. I can be reached at adelap27@pacbell.net.

As you must know by now, we have installed a land-based radio in the *Arias* boathouse with a speaker mounted outside that allows all out-of-cove swims to be tracked from the Dolphin dock in case there is an emergency out on the water. We need a volunteer to monitor this radio for each out-of-cove swim. If you want to take on this position, which will count as a "help," I'd like to hear from you.

I hope you will be pleased with our new approach to the Dolphin Club's Boat Program and will take advantage of the many rowing activities the Club offers.

— *Al de la Peña,*
Boat Captain

REVIEW

Lynne Cox's *Swimming to Antarctica*

"**T**HEN IT HAPPENED SO FAST: I felt a deep powerful stream of cold bubbles and a current churning around me, dragging me towards it, dragging me down. It was the slipstream of a tanker. I tried to pull away to sprint, but there was nothing I could do to match the force of the current. It dragged me backward and then released me."

So much for the Jacuzzi. Lynne Cox's just published autobiography, *Swimming to Antarctica* (Knopf \$24.95), at its very root

is an epic tale of a life intrinsically dedicated to swimming. To the average person this might stimulate images of endless laps in an indoor pool and chlorine-bleached hair. A Dolphin might think of Cox's Bering Straight crossing and her more recent feat in Antarctica.

What you will realize midway through the book is that Lynne does not discriminate against any particular kind of water. That temperature poses only one of the challenges she chooses to face is perhaps the most fascinating aspect of her extremely well-written story. Equally as enticing as her experience of swimming the Bering Straight are her many years of struggle to make it happen.

Each successive chapter of this book seems to trump its predecessor as Lynne takes on increasingly more challenging adventures. From the outset, in fact, she undertook daunting swims. Her chapter on her 1974 20-mile race in Egypt's Nile River, for example, make the reader question the limits of human endurance. And that was 30 years ago.

At its best, Cox's autobiography will make you assess your own life, both in and out of the water. Though Lynne's physiology may lend itself to extreme swimming, it's her strength of will and character that get her to the starting point of her swims and bring her back to shore. Her determination to enter the water is as compelling as her determination to swim to her goal.

— *Si Bunting*

ED: Si Bunting will be testing himself against the English Channel this Summer.

Apparel Sales

ANOTHER SALES PERSON, Rick Avery, has joined me in the happy chore of selling to one and all various items of Dolphin apparel. We have filled in the gaps in our inventory and can now offer you a full range of items — from baseball caps to hooded sweatshirts. There is a full list of available items in the glass case facing you as you enter the Club.

— *Pete Bianucci*

DRAFTING, PART II

COUNTERMEASURES

by Larry Scroggins

(Part I appeared in the Fall, 2003 LOG)

WHAT ABOUT COUNTERMEASURES to thwart drafting? What do you do when you are the draftee, not the drafter? If this matters to you, then stay alert! Identify known drafters early and put distance between you and them at the start. In the middle of the race, a tap on your feet should trigger an immediate alarm. Good drafters will never telegraph their presence, so look over your shoulder periodically to check for intruders. If you breathe on one side only, be sure to look over both shoulders. These drafters can be crafty. If you spot one, you have several options. The most dramatic is to just stop swimming. The drafter now has to decide to wait with you, start swimming alone, or find another drafting candidate. If the drafter takes off, you can turn the tables and become the drafter yourself. This maneuvering adds spice to an open water race. Piloting is a true delight when two accomplished drafters compete head to head and put on a show. As the lead switches back and forth, the competition begins to resemble the tactics of bicycle or car racing. Often, both swimmers will finish at the top of their speed group by sharing the drafting advantage. The final sprint to the beach culminates in a furious and dramatic spectacle.

If the drafter is stubborn and decides to wait, you may have to get going in order not to lose ground to other swimmers. In

this case, you can deploy supplementary defenses. The impulsive method is to kick harder. You may be angry that someone has the audacity to draft you in the first place and visualize kicking the offending party in the face. This will work if the drafter is well mannered. For a seasoned drafting pro, playing the game is much more fun with someone who appreciates the nuance and drama that drafting brings to open water racing. A clear indication that you are not one of these people will send them packing. Just don't kick hard for more than a few seconds. It will tire you out unnecessarily and only makes it easier for a dedicated drafter to follow you. Remember that one of the key enablers for successful drafting is tracking a swimmer with a vigorous kick. Although counter-intuitive, a good defense in turbid water is to reduce your kick and use your legs purely for stroke balance rather than propulsion. You can imagine that you are using a pull-buoy. This will have the same effect as that of a stealth aircraft avoiding radar. It will make you less visible to the drafter. Swim six to twelve strokes with no kicking and then veer sharply to the one side about five feet and start sprinting. If you are naturally somewhat faster than the drafter and the water is rough or murky, this is a simple and effective practice. You can leave the culprit wondering, "which way did they go?" In calm and clear water, a dedicated drafter can still see you and will sprint to reestablish position behind you. Repeating the

continued page 15

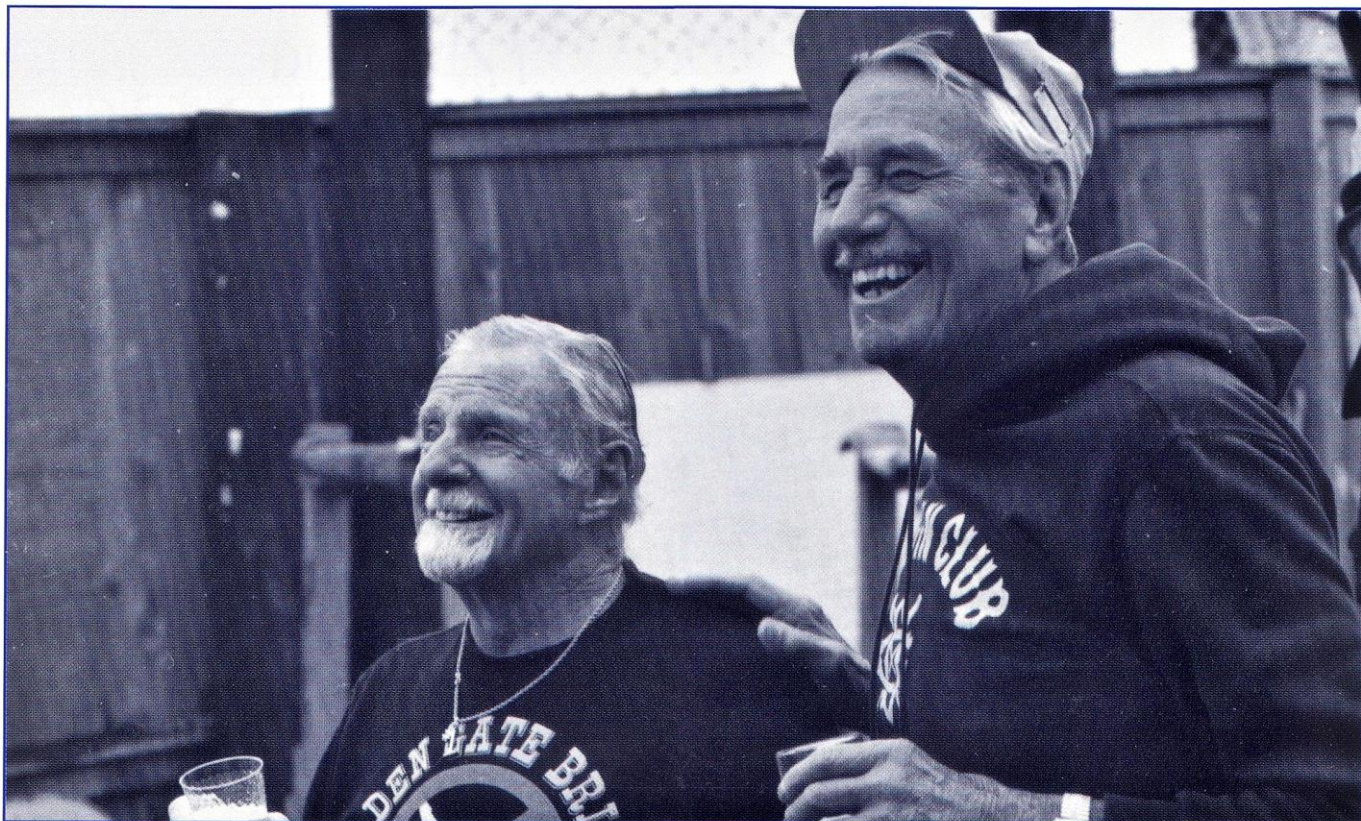
A Crazy Cove Epiphany

ONE OF MY PERSONAL drafting epiphanies came in a Dick Beeler Crazy Cove swim. As is usual for Cove swims, we started at the Dolphin Club beach. At the time, a National Park Service buoy with a blue top was anchored out about where the bow of the Eppleton Hall extends today. That was the first mark. Now, anybody who knows anything about Dolphin Club swimmers knows that John Selmer is in another swim universe compared to me. If we were airplanes, John would be an F16 and I would be a Piper Cub. Nonetheless, when

the race started, I was right behind John.

There were a couple of things working in my favor in this particular swim. For one, even though John is very fit, he is also very large, with broad shoulders, and makes a large hole in the water. For another thing, he swims incredibly straight. No zigging and zagging for John. I fell in behind him at the start and swam for all I was worth. When we reached the NPS buoy, I was miraculously in second place. Then things changed in a hurry. John has a habit of sprinting at each turn because he feels this demoralizes the com-

petition. It certainly worked in my case. John switched on the afterburners and disappeared. The next swimmer I saw was Laura Burtch, who, for a moment, seemed astonished at seeing me next to her, and then she, too, zoomed away. Over the remainder of the course, a steady stream of swimmers passed by, leaving me in their wake. Nevertheless, when I picked up my stick at the finish, I had placed much better than I usually did. After that, it always seemed that John would keep his distance from me at the start of a race. 🐬



Joe Bruno with Frank "Cecco" Mennucci

Joe Bruno

1913-2004

Sixty going on Sixty-One

by Eric Hansen

ED: An excerpt from "To be a Dolphin You've got to Have Spirit" Outside, November 1992, by Dolphin Club member Eric Hansen. The centerpiece of the article was the 1991 Golden Gate Swim.

AT 7:30 ON A TYPICALLY CHILLY SAN FRANCISCO morning in August, a chartered cruise boat rolled heavily in the ocean swell just off Fort Point at the southern end of the Golden Gate Bridge. Fog obscured the tops of the bridge towers, the water temperature was around 60 degrees, and a westerly wind kicked up a bad chop as the tide began to ebb. Massive, black-hulled freighters appeared out of nowhere and moved cautiously out to sea. Suddenly the crowd on board the cruise boat let out a loud cheer as 56 people in orange swim caps stepped to the top of the beach (*ED: Now closed to the public.*), doffed their sweatpants, and formed a rough line. A pistol went off, and as hundreds of seagulls lifted into the air, the

swimmers lumbered into the surf. The annual Dolphin Club Golden Gate Swim was under way.

Somewhere in the middle of it all was 78-year-old Joe Bruno stroking away with everything he had. Eighty-three minutes and 14 seconds after entering the water, he touched the rocky headland of Marin County and completed his 59th crossing of the one-mile-wide entrance to San Francisco Bay – dead last, but still holding the Club record for the most Golden Gate swims. Speechless, shivering, his fingers and toes curling up with the cold, the little man was carried aboard the boat, and blankets were thrown across his shoulders. "Dammit, I'm slowing down," he said through chattering teeth, "no doubt about it. But next year, God willing, I'll make it number 60." For his efforts, Joe received a tearful standing ovation, a cup of hot coffee in a paper cup and a commemorative license-plate holder. And glory, of a sort – a contented place in a particular history.

ED: Joe did that number 60 the next year, 1992, finishing, 50th out of 57 in 49:26, and then went on to do a 61st in 1993, finishing 57th out of 62 swimmers with a time of 41:09.



Milestones in the Lifetime of a Remarkable Athlete

ED: Thanks to Stan Hlynsky for the following list.

61 Golden Gate Swims: the first when Joe was 20, in 1933, as the bridge was being constructed; the last in 1993, when Joe was 80. He swam the Gate twice in 1978 — on the same weekend, once on Saturday and again on Sunday. This record for the number of Gate crossings is in the *Guinness Book of Records*.

10 Fort Point swims

19 Alcatraz swims

28 Yacht Harbor swims

27 Gas House Cove swims

21 Santa Cruz swims

15 Over-60 Cove swims

18 100-mile swims (Total miles: 1,867)

14 Polar Bear swims (Total miles: 527)

Total for all the organized swims Joe completed — 2,870 miles. This does not include training miles in the cove. Joe won a number of medals as a member of the Mission Viejo Masters Over 60 Team and was a champion handball player and water polo player and an avid rower. To round things out, he was also a terrific bowler. 🏹

M I L E S

25 year

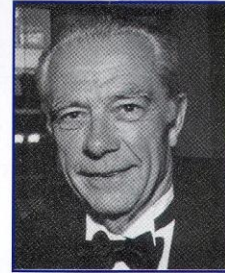
Members: 1979-2004



Mimi Osborne
May 1979



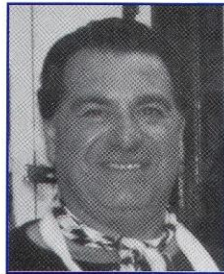
Tom Sancimino
June 1979



Noel Frelicot
June 1979



Jack Fleming
June 1979



Ernest "Chris" Cadelago
August 1979

Not Pictured:

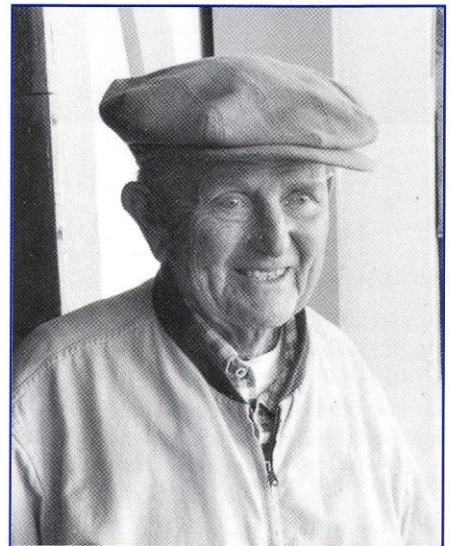
Norman Duffett	January 1979
James Avery	June 1979
Diane Campbell	July 1979
Katherine Fox	July 1979
Peter Brand	July 1979
Steven Spickard	August 1979
David Sherk	September 1979
Gary Noe	November 1979

Deceased

2003 and early 2004



Joe Bruno
September 1933



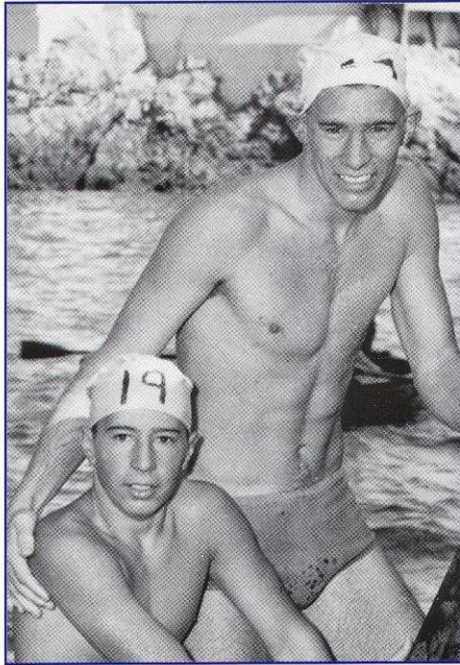
Virgil Anderson
December 1930

T O N E S

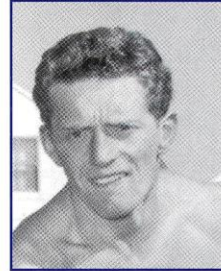
Compiled by Club Historian Walt Schneebeil

50 year

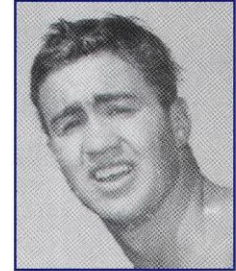
members: 1954-2004



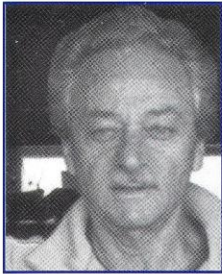
Phil Gaal, right (with brother Roger)
October 1954



Aldo Cuneo
June 1954



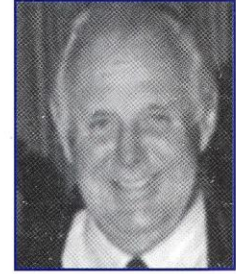
Bob Demo
June 1954



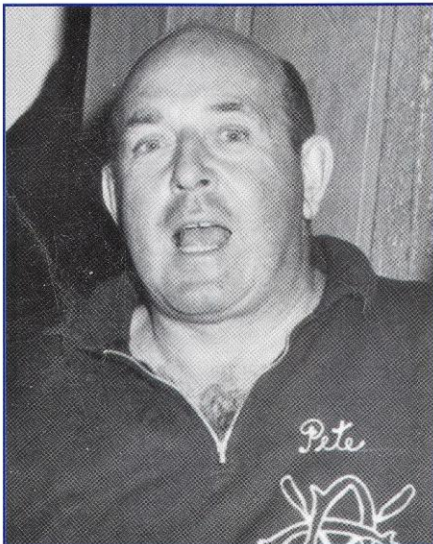
Rico "Moon" Passinisi
May 1954



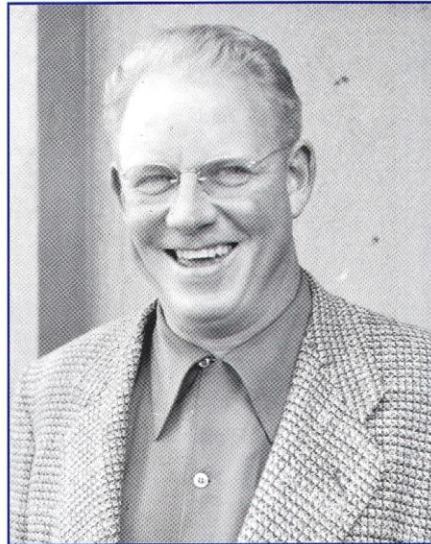
Paul Melee
August 1954



Charlie Korelec
September 1954



Peter Sturiale
February 1940

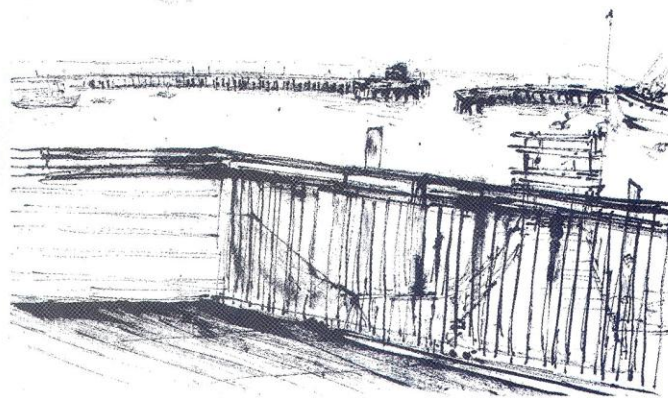
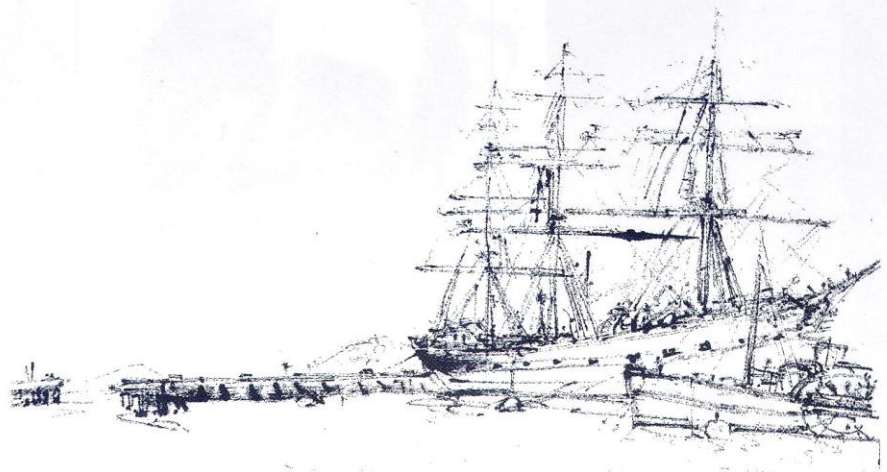
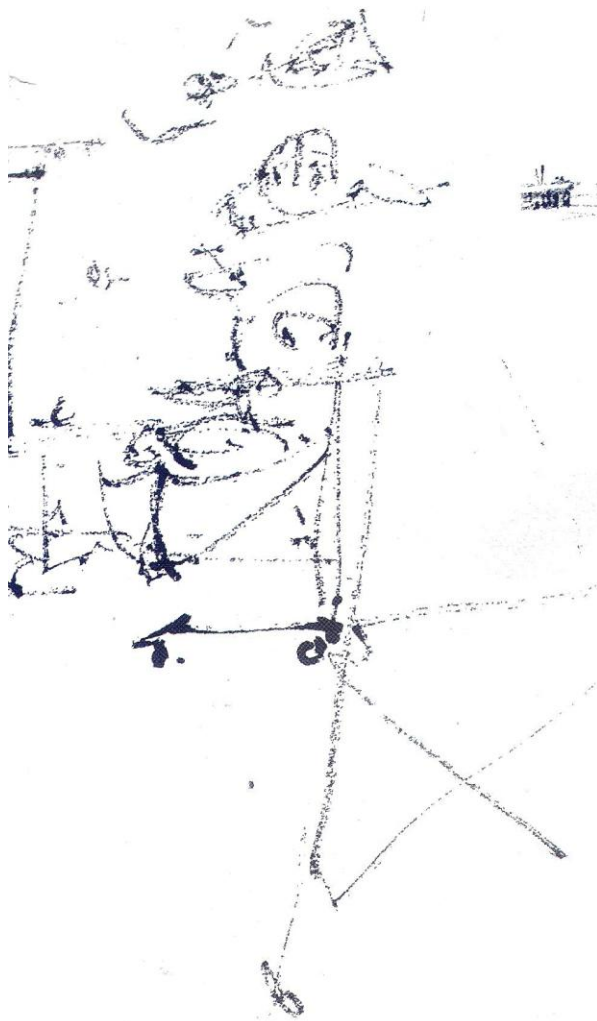


Fred Herms
February 1938

DOLPHIN SKETCHES

by Michael Tschantz-Hahn

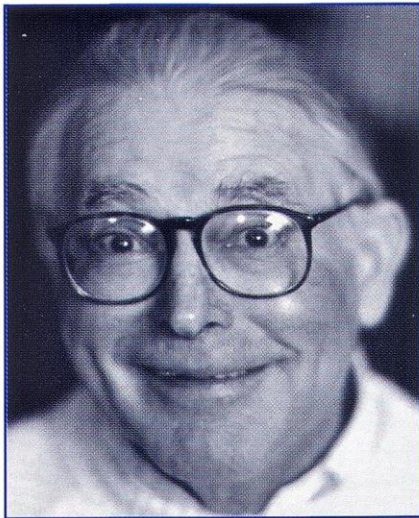




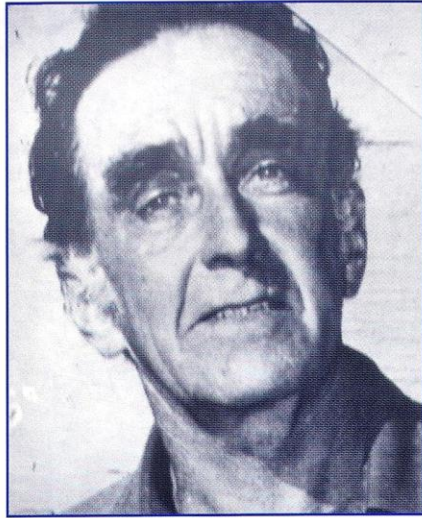
AFTER I'D BEEN A DOLPHIN Club member for a while, I knew I wanted to pursue my education and would probably have to leave the Bay Area to do it. Wanting some visual reminders of the Club that I could take with me, I made a series of sketches using China ink with both a reed pen and brush. This winter, I was accepted in a two-year MFA program at the New York Academy of Art. Bess and I will be leaving in August. We will both miss the great people at the Club and, of course, the cold water of the Bay.

— M T-H

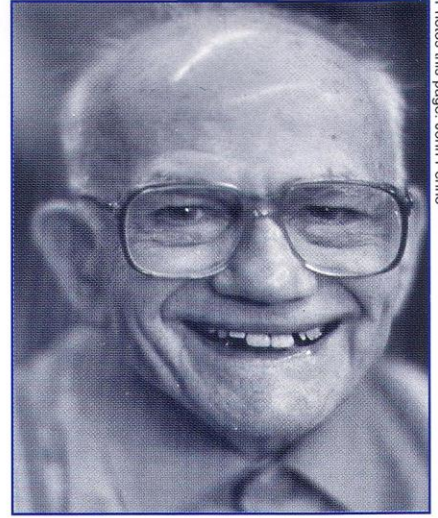




Bill Powning



Dan Murphy



Paul "Lucky" Kanstoroom

Photos this page: John Perino

A SWIM'S SECOND HALF SAUNA STORIES

by Peter van der Sterre

EVERY DOLPHIN HAS A PERSONAL relationship to the Bay in winter. When temperatures dip below 55, some people simply "forget" to come down for a swim. Others study tide charts or temperature logs from the past decade and monitor the water's changes with special watches. And many, of course, scrupulously mark down their miles with x's and colored pens, keeping an eye on the progress of their heros and buddies. Perhaps those Polar Bear miles and trophies really *are* what it's all about.

But there is another event that goes along with cold water and grey weather that is so obvious that most people don't notice it for the glue that it is: stories told in the warmth of the Dolphin sauna.

Every swimmer knows the progression — up from sea level, across cold sand, to climb colder steps to the showers (hoping for one that works), tingling feet and hot water, followed by a place on the top sauna benches and the slow gathering heat. Sitting alone with a fresh newspaper and the ticking of the coils, it is easy to imagine that you just might have your life in pretty

good order. On another day, the quiet warmth of the room might be interrupted by familiar faces and random stories of the Bay, observations of marine life, tales of goings-on around town, musings on women, and reports on earlier generations of more (or less) distinguished Dolphins. Whatever our style or point of view, we are all sure to be surprised, or baffled, by what we hear — or even say — for the benefit of others.

The sauna represents a haven, a place where conversation or silence is optional. Sometimes, joining a discussion, you have the feeling that you can serve up a winning comment. At other times, all of your verbal volleys hit the net. With half-a-dozen bodies on the benches, the odds are slim that you'll hear anything to remember. With only a few people, however, the possibilities for real contact or conversation expand.

One of the gifts the Club offers in today's fast-paced world is the chance to be part of conversations that extend over decades. And where else can you find subjects that range from Bay swim routes and training schedules for conquering the English Channel to old timers discussing strategies for passing the test for their driver's license renewal?

In the heat of a winter sauna, or the lee of the deck wind-screen, Dan Murphy, a poet even among the Irish, spun out tales of people confounded in high places and shared with us a wry and continuing search for an apparently indifferent or unavailable God. His "stories," frequently no more than a brilliant question about the state of the nation or your spiritual health, left a glow that has, for many, lasted long after Dan moved on. The farewell salute given to him at the Club attracted dozens and dozens of friends and admirers who stayed for hours and still didn't run out of fine things to recall about him.

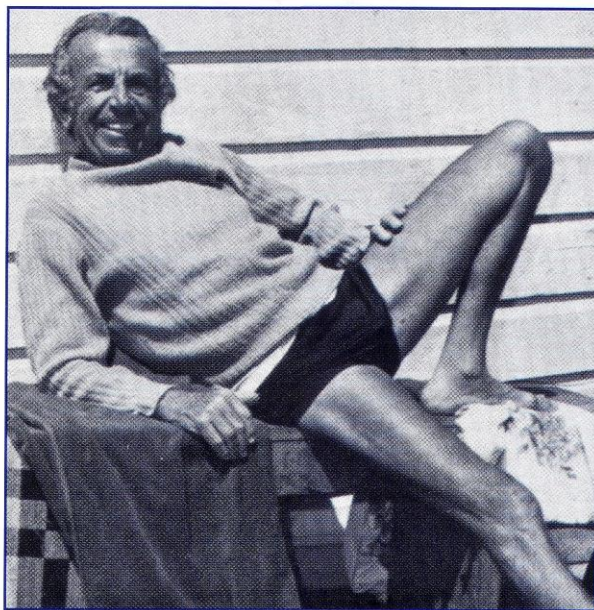
One account involved a young friend of Murphy's, who took him to work at some high-powered money management firm downtown. Though Dan stood out a bit in his green golfing slacks, in the course of the visit, his host realized that despite the limitations of Dan's outfit, he really wanted to be like Murphy when he grew up.

Sauna tales are one way Dolphin traditions are passed on in the Club, although rarely will any one version spell out everything for you. It may be years later that you get another piece of the puzzle passed on by an old timer or an out-of-town member back in the sauna after 20 years. Herman Zahler and Dino Landucci, for example, were both boat captains with a sense of purpose, though it might take you a while to find out what that purpose was. Herman gave rowing orientations from the galley, and to my knowledge no one was killed on his watch. Dino was known to favor a more "hands on" approach, particularly when introducing new women members to the art of boat handling.

Paul "Lucky" Kanstoroom, whose off-color comments at Dolphin Club dinners have stunned people who weren't even present, brought one sauna conversation to a halt by remarking to some international adventurer, after his particularly harrowing tale from the wild: "You know," he said, "a little bit of you...goes a long way."

Paul was named "Most Inspirational Swimmer" in 1991, having undergone a heart by-pass and an operation for cancer during that year — though you wouldn't have guessed this to

look at him (not too many people shower in their undershirts) or if you followed him through his day (he drove a cab). Somehow the folks who knew him managed to piece together the patchwork of a life well lived, pretty far off any beaten track.



Louis Gallic

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member back in the sauna
after 20 years

Lou Gallic was well into his nineties when pneumonia put a halt to his daily trips into the surf. One winter afternoon in the sauna, he recalled the story of his landing at Normandy. Because he was a native, and the only French speaker in his company, the sergeant said to him when they hit the beach: "After you Lou." His next step dropped him into water over his head, and with more than 80 pounds of gear; it took him some time to get back to the surface. In the meanwhile, a machine gun had opened up and killed everyone else in his landing craft. The story was told without emphasis. Merely: this is what happened to me.

Bill Powning, a man of East Coast sensibilities and global enthusiasms, embodied a spirit and an age that may have passed with him. A Yale man to his fingertips, Bill's sauna account of his ambulance rescue of Polish expatriate soldiers during the Italian campaign, and his tales of grand revels in postwar France sounded a lot like Hemingway, only friendlier. His spirit of life "well lived" and events cherished gives us hope that we too may seize a moment and create a spell that lights up a room.

One sauna gathering of several old timers not too long ago turned into a recital of medical histories, favorite diets and preferred therapies — with the replacement of a few troublesome joints and stories of unsuccessful operations thrown in for good measure. After 10 minutes or so, a youngster of around 35 got up to leave, muttering as he pushed open the door, "I think I've heard enough." The sauna sages just laughed. Someone said, "I thought we were just having a normal conversation."

Sauna tales, however, are rarely normal. But then, neither is swimming in the Bay year round. 🐬

Note: Heard any good "sauna" tales lately? If so, Peter would love to read them. His e-mail address is: vdscon@mindspring.com.

TRAINING DAYS

by Mark Robinson

IT STARTED OUT LIKE ANY OTHER EARLY-MORNING jog. I ran down Franklin Street and out to Marina Green. I made it as far as the snack bar across from the St. Francis Yacht Club before turning around, cutting through Fort Mason, and heading over the hill and out onto Muni pier, which sweeps around the western side of the Aquatic Park cove. And that's when I saw something that changed my life: a couple guys in a large rowboat pulling in unison toward the cove. They slid forward in their seats, dropped the oars smoothly in the water and eased through another stroke. The 7:30 a.m. sun glinted off the Bay. Man, I thought, wouldn't it be great to be out there? I got to the end of the pier and watched as the pair rowed through the opening into the cove. I gave a quick wave, and one of the guys smiled and said, "Beautiful morning, huh?"

That might have been the end of it – if not for my friend Josh Davis. Later that day I happened to mention to Josh that I'd seen some rowers on the Bay. Turned out that like me, Josh had done a little rowing years before and was interested in trying it again.

The next day, he called to say he'd just returned from scouting the Dolphin Club. "They have all these incredible boats," he said. "You've got to see this place." Six hours later, Josh and I met outside the Club on Jefferson Street. As soon as I climbed the stairs and got a look at the place – the Staib Room, the photos of members from the past century, the pier, the beach, the no-frills weight room – I was hooked. And walking through the ground-floor collection of boats stunned me. All the Whitehalls lined up like a museum collection, gleaming on that wood deck. "You mean, we'd get to row these?" I asked

Josh. "Yep," he said, "once you do the training, which happens this Saturday."

I had one thought: How could I have lived in San Francisco for most of the last 18 years and not joined this club? Two days later, I got my key.

You have to do six training rows to qualify to go out into the open Bay. I want to tell you about the first three.

January 27: Club rules say you can't take a boat out before

dawn, but that doesn't mean you can't pull one onto the pier and get *ready* before the sun rises. That's what I did the Monday after nine of us novices had spent a day with John Latta learning the ins and outs of rowing Whitehalls. For this first row, I opted for the *Austin*. With the low tide, I figured the lighter fiberglass boat would be easier to handle up and down the ramp. I reached in my back pocket and fished out a scribbled list of items John had told us to run through before setting out:

Do: Log out, check plug, grease oarlocks

Have: oars, life preserver, bailing bucket, horn (aka audible signaling device)

Know: currents, wind speed, how boat matches with conditions

Sunrise came at 7:20 that day. At 7:10 I had the *Austin's* oarlocks greased and ready to go. I stood on the dock and watched a man and two woman saunter down the steps and onto the beach. It seemed insane to me, but they blithely waded into the 52-degree water and took off swimming. I was glad for the

turtleneck and sweatshirt I was wearing.

At 7:21 I was pushing the boat onto the apron. I went

As soon as
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and got a look
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the past century,
the pier, the beach,
the no-frills
weight room – I was
hooked. And walking
through the ground-floor
collection of boats
stunned me.

through the launch steps just as John had taught them, lowering the platform and gently sliding the boat into the water. John had been a patient and thorough instructor, and he hadn't left out any of the mythical stuff. "This is not just rowing," he'd told us. "It's rowing these classic boats on the San Francisco Bay."

I was ready. I stepped lightly into the *Austin*, sat down and gave a little shove to the apron. I shipped the oars and made ready for my first solo voyage across the cove.

Then I noticed something was wrong. Somebody had taken the footstrap. And hey, the footrest itself wasn't there. *What the?* I looked around the boat and suddenly started laughing: I was sitting backward, facing the bow.

Good thing they call these training rows.

January 28: Josh joined me for this outing. We met at the Club, shivering in the doorway of the boathouse because of the morning's drizzle and the chill wind blowing out of the northwest. Not that we considered staying on land. If 60-something ladies could swim the cove this morning, we could certainly get out there and row it.

Josh took the *Austin* and I grabbed the *Evans*. Today, at least, I managed to get started sitting in the right direction. We set off for a loop around the cove. My stroke – which had been pretty clean eight years ago when I rowed an open-water shell on North Carolina's Cape Fear River – was balky and slow. One oar kept sticking on the release and my feathering was all wrong.

When we got to the far side, near the Muni pier, I spotted something big floating in the water. Rowing up to it, I found that it was a piece of timber about 12 feet long, 18 inches wide, and a good 6 inches thick. Nasty spikes were sticking

out of one end. "Check this thing out, Josh," I called. "If this floats out of the cove it could sink a tug."

We decided to tow it to shore. I untied my bow painter, retied it in the stern, and leaned out, trying to get a grip on the floating piece of wood. Just then a burly swimmer in an orange cap approached. "Need a hand?" he asked.

The guy – I never did get his name – lashed the painter around the wood. Then he slid up on the far end, belly down. "Gimme a ride man!" he said, making like a paddling surfer. With a laugh he rolled off and turned for the mouth of the cove. "See ya!" he shouted and took off swimming again.

Josh and I made for the shore, beaching our boats in the sand and hauling the timber out of the water. The thing must've weighed at least 300 pounds. We dragged it up above the highest high-tide line and got back to our row.

This was our cove now, too.

January 29: I was in the water by 7:25 a.m., rowing the *Small* across

the cove with a stroke that was already showing signs of improvement. It was a gorgeous day: bright and sunny with winter sun lighting up a few wispy clouds in the east. The tip of the Transamerica building gleamed.

I made a half dozen loops around the cove and then tried some figure eights and touch-and-go drills. One more loop and I'd head back in.

As I rowed alongside the Muni pier toward the cove opening, I glanced up to see a jogger watching me. He waved, and I flashed back to that fateful run I'd taken just ten days earlier. Now I was the guy in the boat, and soon I'd be rowing out on the open Bay. 🐬

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the *Small* across
the cove with a stroke
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of improvement.
It was a gorgeous day...

DRAFTING *continued from page 5*

same maneuvers two or three times in succession, however, will telegraph your irritation to the well-mannered swimmer. Even a dedicated drafter will often get bored after a short bout of these drills and find a more accommodating tow.

A more aggressive countermeasure to shed a drafter is scraping. This is where you use some handy object to scrape the drafter off your feet. A large buoy, an anchored boat, or a pier can serve as an effective scraper. A barnacle-encrusted scraper adds to the efficacy. A less dangerous and arguably more valuable scraper is another swimmer or group of swimmers. Cutting barely in front of a slightly slower swimmer or through a

pack or swimmers can effectively remove the offending remora from your feet. Of course, these counter-measures work in combination. A leg drag followed by a scrape followed by a zig followed by a sprint will confound even an experienced drafter.

Finally, you can employ the most beligerent countermeasure – the bump. This is an offensive rather than defensive ploy. If you see a rival like-speed swimmer drafting someone else, you can simply ram into the drafter from the side. This is a simple scheme for a skilled water polo player and will even the odds in the race. The most super hard-line move is to bump the drafter off the target and take up the position for yourself. Be prepared, though, for a tongue-

lashing or worse when you reach the beach. This tool belongs exclusively in the kit of folks who swim in money races or among highly competitive friends.

Like so many things in life, drafting has a good side and a dark side. On the good side, drafting can liven up a race and add another dimension to open-water swimming. It offers a very entertaining spectacle to knowledgeable observers and introduces competitive swimmers to an additional mental aspect of the open-water experience. The dark side boils down to inflicting the game on people who don't want to play. For a good rule of thumb, always remember: DRAFT RESPONSIBLY! 🐬

DOLPHIN LOG SWIM STATISTICS

Swim Commissioner's Report

THE SWIM PROGRAM HAS MORPHED ONCE AGAIN. This time, one commissioner has become MANY new swim commissioners. Each swim commish has "adopted" and will be in charge of a particular swim, from sign up to clean up. We also have a "Trinket Team" of Rick Avery and Joe Omran. Behind the scenes, as usual, Sue Garfield will handle the kitchen and coffee duties; Pete Bianucci and Dave Zovickian will do the major planning of swims and the swim schedule; Boat Captain Al de la Peña will manage the motorized craft; and many others will pitch in as pilots, using rowboats, kayaks, and paddle boards. Swimmers: if you have not piloted, PLEASE DO SO. It's not an easy job but it gives you, as a swimmer, a better idea of how a swim is planned and executed. It also gives you a different view of current and tidal action, an advantage when you're in the water again.

If you have a kayak stored at the Club you need to pilot at least two swims a year. Please, do your part. If you are authorized to use the Avons, please pilot at least two swims a year, if only to stay in practice.

As during the past three years, you need to pay two fees to participate in the Club Swim Program. One is the Pacific Masters Swimmers (PMS) fee of \$30 (applications available on-line or in my mailbox). The other is the Club fee of \$39, which has to be paid if you plan to do any out-of-cove swim (CHECKS ONLY. NO CASH.) This entitles you to do all of the Club out-of-cove swims (except Alcatraz and Golden Gate, for both of which you must qualify. See requirements at the bottom of the back cover of this LOG.) Also, we will again ask you to chip in \$10 for each of those swims to cover boat costs.

Check the back cover of this LOG for recent changes in the Swim Program schedule. Please remember to sign up for the swims as early as you can, be present at the briefings, and make safety your concern. It is ours.

If you are planning a private out-of-cove swim, pick up an application from my mailbox, fill it out, and get it signed by Al de la Peña and myself one week prior to your swim.

Feel free to "adopt" a swim by helping out in any way you can – putting up flags, cutting bagels, monitoring the speaker on the boathouse, and so on. We all thank you and appreciate your participation in the program.

– Suzie Dods

New Year's Day Cove

final results

conditions: very rough, windy, and cold

Long Course

(some longer than others)

1. Krist Jake	15:48
2. Joe Illick	16:40
3. Ralph Wenzel	17:45
4. Naphtali Offen	20:32
5. Robin Rome	21:00

Short Course

6. Sandy Lemkuhl	24:07	31. Joe Mannion	30:45
7. Andy Stone	24:09	32. Rey Hassan	31:55
8. Will Powning	28:50	33. Bruce Peltier	32:00
9. Suzie Dods	29:00	34. Bill Glover	32:14
10. Pavla Podolska	40:33	35. Seth Katzman	32:26
		36. Richard Haymes	33:54
		37. Debbie Rose	34:13
11. Era Osibe	14:00	38. Sarah McCuskey	36:52
12. John Davis	25:00		

Pilots: Susan Allen and Don Harrison

Helpers: Sunny McKee, Pat Howard, and John Glover

Congratulations to all the swimmers who braved the cold water and the wind blowing sideways. The bar stool was swept up (and over) the deck by the excitement of it all.

Midwinter Gas House Cove Swim

February 21, 2003

final results

1. Neala Kendall	18.01
2. John Ottersberg	18.38
3. Mike Garibaldi	19.44
4. Nigel Kileen	20.22
5. Brian Herrick	20.38
6. Michael Tschantz-Hahn	20.42
7. Ali Hall	21.00
8. Sean McFadden	21.40
9. Alan Budenz	21.54
10. George Kebbe	21.57
11. Erik Burke	21.58
12. Marc Brandt	22.02
13. Ted Tilles	24.03
14. Joe Illick	24.12
15. Conrad von Blankenberg	24.16
16. Joe Omran	24.20
17. Rick Avery	26.22
18. Robin Rome	27.02
19. Keith Howell	27.19
20. Adam Goldberg	27.23
21. Mark Mullen	27.25
22. Susan Cobb	27.35
23. Andy Stone	28.12
24. Tom Dugan	28.13
25. Bob Colyar	28.19
26. Greg Hicks	28.21
27. Anthony DuComb	29.12
28. Roger Klieid	29.50
29. Sue Garfield	30.25
30. Noel Turner	30.38



Tom Keller, after the Tahoe swim, obviously.

DOLPHIN LOG SWIM STATISTICS



Candace Kelly, Brian Herrick, Tom Keller and John Ottersberg – on the road to the swim.

Polar Bear Winter 2003-04

conditions: cold

129 participants -- 87 finishers (67%)

George Kebbe (NEW CLUB RECORD)	356
Joe Illick	186
Ralph Wenzel	133
Si Bunting	122
Laura Merkl	100
Marc Brandt (VIRGIN BEAR)	88.5
John Ottersberg	85
Phil Scarborough	80
Tom Keller	73
Candace Kelly	73
Nigel Killeen (VIRGIN BEAR)	73
Mark Mullen	72
Rick Avery	71
Brian Herrick	70.25
Philip Rollins	68
David Rich	66
Pete Conidi	66
Adam Goldberg	63
Steve Townsend	63
Ted Tilles	62
Ali Hall	60.5

Sue Garfield	60
Naphtali Offen	57.25
Erik Burke	57
John Pelka	56
Mike Tschantz-Hahn (VIRGIN BEAR)	55
Joe Mannion	55
Carter Seddon	54.5
Neal Powers	53
Jim Frew	52.25
Krist Jake	51.25
Pavla Podolska	51



Rick Avery celebrating after the Tahoe Polar Bear swim.

Thomas Wehlen	51
Sean Mc Fadden	50+
Peter Drino	50
Suzie Dods	50
Hyo "Hugh" Kim	50
Vic Pizarro	50
Mo Cheston (VIRGIN BEAR)	48.5
Vincent Huang (26 th CONSECUTIVE)	48
Andy Stone (VIRGIN BEAR)	47.5
Phil Kohlenberg	47
John Dugan	47
Mike Dixon (VIRGIN BEAR)	46.75
Tom Hofmann	46.25
Mark McKee	45.5
Adam Engelskirchen	45
Pete Neubauer	43.75
Robert Selsted (VIRGIN BEAR)	43.75
Mick Lavelle	43.5
Susan Cobb	43.5
C. von Blankenberg	42.5
Steve Worthington	42
John Mervin	42
Mimi Osborne	41.75
Roy Bergmann	41.5
Rebecca Tilley	41.5
Joseph Omran (VIRGIN BEAR)	43
Ben Goldberg (VIRGIN BEAR)	41.25

Polar Bears Do Tahoe:

On February 28th, a group, (Den? Gang? Pod?) of Dolphin "polar bears" took on the 40 degree water of the 14th Annual North Tahoe Snow Festival's Polar Bear Swim at Gar Woods Grill & Pier, in Carnelian Bay, California. No contest. John Ottersberg and Candace Kelly won the men's and women's divisions, each taking home \$150 for their arctic efforts (minus a few dollars well-spent at Gar Woods Grill). Plowing through the frigid water in 4 minutes or so, Candace came in first of six women, John ahead of 15 male competitors. Let's put our paws together for the winners. Thanks to Candace Kelly for the photos.

DOLPHIN LOG SWIM STATISTICS



Start of the Men's race at lake Tahoe.

Mary Alex	41.25
Sunny Mc Kee	41
Keith Howell (VIRGIN BEAR)	41
Rey Hassan	41
Jon Nakamura	40.75
Tom McGraw	40.5
Dave Maloney	40.5
Lee Hammack	40.5



Vic Pizzaro, John Ottersberg, Rick Avery, Adam Engelskirchen, Candace Kelly, Tom Keller and Brian Herrick – huddling for warmth after their dip in Lake Tahoe

Larry Scroggins	40.5
Anthony Du Comb	40.5
Liz Ann Schiff	40.5
John Theede	40
Laura Burtch	40
David Zovickian	40
John Selmer	40
Alan Budenz	40
Drew Sullivan	40
Duke Dahlin	40
Milan Odehnal	40
Trish Miller	40
D. Wettersten	40
Rachel Kaufman (VIRGIN BEAR)	40

Old Goat and Goatess Division 70 years, 20 miles

Jerry Cullen	30
Keith Weaver	27
Dan Osborne	24
Herb Madden	22.5
Sarah Mc Cuskey	21
Don Reid	20.75
Ray Artigues	20

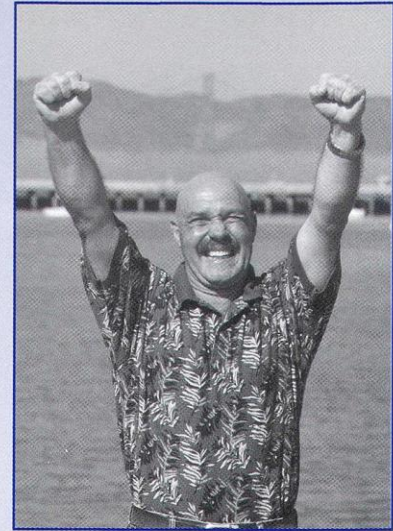


Photo: Sid Hollister

GEORGE KEBBE, a Dolphin since 1974 and the polar bear record holder at 255 miles from 1994/95 to 2002/03, when Suzie Dods unseated him by recording 256 miles, took back the record this year with 356 miles. Having been out of the swim for several years, George began the season slowly, but with a goal in mind: besting the existing record by 100 miles. It was suggested by a fellow swimmer, almost in jest, but George thought he could reach it. With that goal came a daily schedule of double dipping. In the waning days of the contest he was churning out three miles every morning and three more each afternoon. (Lou would not take even a sip of his martini until George had finished.)

Known for his boisterous greetings and hardy laughter, George is a men's locker room favorite (he'd love to share his cheer on the distaff side but isn't allowed there). At the March 21 celebration that capped the polar bear season, George used the occasion to thank each of the sixty-odd supporters in attendance in a spontaneous, if lengthy, after-dinner speech, making everyone feel part of his remarkable achievement.

— Joe Illick

PRESIDENT'S REPORT

THE SHORT AND THE LONG OF IT – HOW WE GOT HERE

by Meg Reilly

MANY DOLPHINS HAVE ASKED why the Club building, boat shed, and pier are owned by the San Francisco Parks and Recreation Department. The short answer is that in 1938 our board of governors signed over Club ownership of its facilities to Park and Rec, as did the South End Club, next door. Both organizations continued to occupy the buildings without paying rent until, in 1979, they signed leases with Park and Rec requiring them to pay the City 10 percent of gross revenues and all costs of operating, repair, and replacement.

How did this come about? The long answer lies in the past, in the histories of the two clubs. In the 1860s, there were 20 or more rowing clubs around San Francisco Bay. These clubs were the recreational by-products of the working waterfront that emerged during the gold rush as sailing ships brought people and goods to the Bay Area. The entrepreneurs who made their livings transporting supplies to and from the anchored ships used almost exclusively Whitehall rowboats, which were (and still are) the vessels used at the rowing clubs. Competitive rowing was then a spectator sport drawing large crowds and calling forth huge bets.

A South End Boating Club was organized in 1873 at Third and Berry Streets, the antecedent of the South End Rowing Club that arose there in 1881; there was an Ariel Club at the same location. The Dolphin Swimming and Boating Club was organized in 1877 and located on the north beach of Black Point Cove near the foot of Columbus Street, the water's edge being farther south than it is today. (That little building was later moved to Larkin St.; Club historian Walt Schneebeil knows where to find it.)

In 1896 the Dolphins erected today's building at the foot of Van Ness Avenue, also in Black Point Cove. In 1907, the South Enders barged their building up the Bay from 3rd and Berry Sts. and planted it next to the Dolphin Club. (Apparently the Ariel Club made a similar move at that time.) The clubs shared the cove with industrial works; an elevated train trestle extended across the club piers and the cove itself. As before, the clubs were squatters — but in a new location.

In 1909, a group of athletic clubs joined forces as the Aquatic Improvement Association with the aim of developing Black Point Cove as an aquatic park. The idea appealed to city, state, and federal agencies, and the famed architect Daniel Burnham

drew plans for it. Four bond measures failed, however, and no other funding source was available.

In 1927 the Dolphin, South End, and Ariel Clubs moved their buildings to the foot of Larkin Street to accommodate the extension of Van Ness Avenue from Bay Street to the Government Wharf (later rebuilt as Municipal Pier). With the Depression and New Deal came the National Recovery Act and the Works Progress Administration, which accelerated the development of an aquatic park by facilitating the construction of an amphitheater, speaker towers, restrooms, and the maritime museum. To accommodate this construction the Dolphin and South End Clubs were moved to their present location, with the Ariel Club just west of the Dolphin Club.

The Burnham plans for Aquatic Park placed three boat houses on the west side of the cove, which the three clubs would occupy, thus having no use for their Jefferson Street buildings, which stood on City property. Hence, in 1938 they transferred ownership of the buildings to the City.

They retained the right, however, to remain in the buildings until the new facilities were built, which, due to the advent of World War II and the subsequent military use of the cove, never happened. But it was not until 1979 that the City got around to requiring leases. The Ariel Club shrank to a handful of members and disappeared, the Dolphins taking over its lease and eventually, after a fire destroyed its buildings, its location right next door. The boat shed, the Sancimino Room and the boathouse below it, and the women's locker room, built in the late 1980s, now occupy that space.

Today the Dolphin and South End Clubs operate under various city-imposed requirements, for example, a day-use program by which the clubs are made available to the non-member public. The buildings occupied by the clubs are among the oldest along the waterfront to have continuously housed the same activities. They are vibrant, significant elements of the City's historic and cultural life. 🐬

This tale draws on oral history provided by Dolphin Club Historian Walter Schneebeil, and more heavily still on information contained in former Dolphin member Bill Pickelhaupt's book, Club Rowing on San Francisco Bay, 1869-1939, featuring The South End Rowing Club. I thank and wish to acknowledge both. Any inaccuracies in this tale are my own.

Dolphin Swimming &
Boating Club

502 Jefferson Street
San Francisco, CA
94107

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DOLPHIN CLUB – SWIM SCHEDULE 2004

January 1	Thurs.	South End New Year's Day Alcatraz	.tbd
		New Year's Day Cove	.10 am
February 21	Sat.	Midwinter Gas House Cove	.10:00 am
March 21	Sun.	Spring Cove/End of Polar Bear	.9:00 am
April 10	Sat.	Pier 43	.7:30 am
May 9	Sun.	Pier 39	.7:30 am
May 16	Sun.	Yacht Harbor	.8:00 am
June 1	Tues.	100-Mile Swim begins	
June 6	Sun.	Crazy Cove	.9:00 am
June 18	Fri.	Twilight Cove/Pot Luck dinner	.6:00 pm
July 11	Sun.	Joe Bruno Golden Gate	.9:15 am
July 17	Sat.	Crissy Field	.9:30 am
July 31	Sat.	Santa Cruz One Mile	.11:00 am
August 14	Sat.	Over 45 Gas House Cove	.10:00 am
August 20	Fri.	Twilight Pier 43	.6:15 pm
September.12	Sun.	Over 60 Cove	.10:00 am
		Introduction to Bay Swimming	
September 19	Sun.	Alcatraz	.8:45 am
September 26	Sat.	Fort Point	.7:45 am
October 3	Sun.	Escape from Alcatraz Triathlon	.9:00 am
October 17	Sun.	Handicap Cove	.9:00 am
October 31	Sun.	100-Mile Swim ends	
November 13	Sat.	Pilot Appreciation Dinner	.tbd
November 25	Thurs.	Thanksgiving Cove	.9:00 am
December 19	Sun.	New Year's Day Qualifier	.10:00 am
		Christmas Party	.noon
December 21	Sun.	Start of Polar Bear	

ROWING TRAINING (ALL FALL ON SATURDAYS, EXCEPT FEB. 22ND)

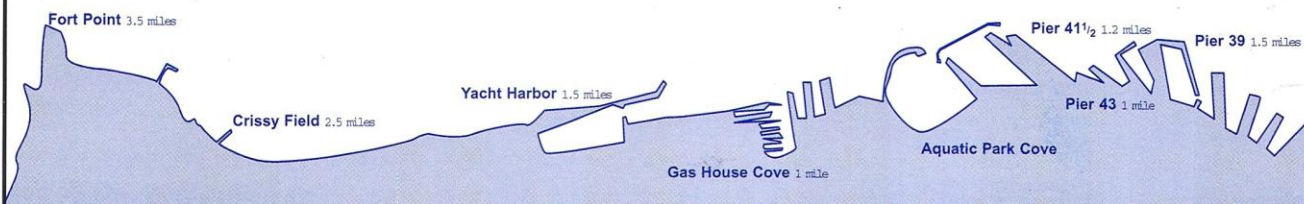
JAN.24	MARCH 20	MAY 22	JULY 24	SEPT. 18	NOV. 20
FEB.22	APRIL 24	JUNE 19	AUG. 21	OCT. 23	DEC. 18

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commissioner.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers are chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

Additional qualifications for Alcatraz and Golden Gate Swims

10. In-town members must successfully complete 2 swims marked with a wheel (⊙) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. Once a member has qualified for Alcatraz/Golden Gate swims, nonqualified members will be given priority in qualifying swims.



DOLPHIN LOG

Fall 2004



Alex Pape

NEWS AND NOTES...

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October is Triathlon Month

Escape from Alcatraz Triathlon

THE DOLPHIN CLUB'S 2004 Escape from Alcatraz Triathlon is on Sunday, October 3rd, two weeks earlier than in past years. We are anticipating an increased level of participation and interest as we build toward the 25th running of this historic and epic event in 2005.

One of the oldest and most challenging triathlons, the Escape challenges participants with a day of endurance and perseverance that requires the support of many volunteers, pilots and family members. The day culminates with an awards dinner for everyone involved. Pete Bianucci is Race Director and Sunny and Mark McKee are coordinating race registration, pre-race information and training sessions.

Hundreds of people fly every summer to San Francisco to swim, bike, and run in the other Escape triathlons—and pay handsomely for the opportunity. Don't pass up the chance to do the original. You can't beat the price or the scenic route.

The Dolphin/South End Triathlon

FOLLOWING DIRECTLY on the heels of the Escape from Alcatraz is the annual interclub triathlon. All members of both clubs are invited to do battle in a row-

ing, swimming and running contest. Points are awarded in reverse order to the top finishers, with participation points to the top 100 finishers in the swim and the run. Pick an event or even two, and help the Dolphins carry the day. This year the South End Club hosts the event and the brunch.

Anthony DuComb will be the Dolphin Club Race Director, and will rely upon the following captains to bring out the best in Dolphin competitors. Rowing: John Latta and women's coach, Greg LaRoche. Swimming: Swim Commissioner Tom Keller and English Channel swimmer Phil Scarborough. Running: Mark McKee. Join the Club in our effort to wrest the plaque away from the always tricky South Enders!

— Mark and Sunny McKee

A Thank You

WE ARE GRATEFUL for the many ways people showed their support for us at our recent English Channel fundraiser party, raffle, and silent auction. The proceeds will cover a significant portion of the pilot fees in Dover. It's hard to imagine taking on this challenge without the Dolphin Club camaraderie and support. Some of the people who contributed to the success of the evening include: Ralph Wenzel, Joe Omran, Steve and Phil Sancimino, Lawrence and Karin Remstedt,

Alexander Pape 1872-1928

IN 1897, ALEX PAPE, a Dolphin from 1896 until his death in 1928, piloted fellow Club member John Caughlan as he swam across the Golden Gate. The first Dolphin and the second person to complete the crossing, Caughlan handily bettered the time of Charles Cavill, who had made the first crossing a year earlier. Pape's skill as a pilot was legendary, his uncanny knowledge of tides and currents enabling him to bring his swimmers in as winners time after time.

But Pape did more than pilot. In the 1890s, in spite of his unique and jerky rowing technique, he won the Pacific Rowing Championship, and then went on to win the National Rowing Championship in Philadelphia in 1902. His piloting skills were no doubt honed by his accomplishments as a swimmer. In 1887, when he was only 15, he swam around Alcatraz, entering the Bay at the foot of Columbus Ave. and emerging at the foot of Fillmore St. in the Marina.

As a remarkable all-around athlete, Pape's name lives on in Dolphin history as one of the finest rowers the Club has ever had.

— Walt Schneebeil

Diana Bunting, and Chris Chorak. By the time you read this, both of us will, hopefully, have made it across the English Channel. Thanks again for your support and for keeping us in your thoughts.

— Si Bunting and John Ottersberg

A Welcome to Viking Rowers

IN THE PAST FEW YEARS, members may have noticed an attractive addition to the Club's fleet of wooden doubles. In the fall of 2000, four Dolphin members bought the *Lifthrasir*, which is modeled after the Club's historic *Viking*, and brought her to the Club for use by qualified rowers. Our two Vikings now equal the fleet at the South End Club, boosting our chances in the annual triathlon with our neighbors.

It has become clear to the *Lifthrasir*'s owners (Phil and Jim Sancimino, Peter Drino, and myself) that the rules governing the use of this boat have been somewhat confusing. This has partly been our fault, caused by different signs we've posted in the boat in response both to changes in its insurance policies and in the Club's Viking qualifying procedures. We would like to hereby clear up the situation, and to issue a warm and general welcome to Dolphin rowers.

Anyone qualified to row the *Viking* is qualified to row our boat as well. All we ask is that Viking rowers observe the few extra steps of care the *Lifthrasir* requires. Those steps are now posted in a small note in the boat's bow. A list of qualified Viking rowers is posted on the rowing cabinet in the Herman Zahler room. (All Viking rowers should be familiar with the launching and landing procedures that are described in the Viking Rowing Checklist posted at the boat check-out stand.) If you believe you are Viking qualified and have been mistakenly unlisted, please contact one of the Viking trainers on the list. If you are an experienced doubles rower and would like to become qualified for the Vikings, there is a sign-up sheet by the club's front door.

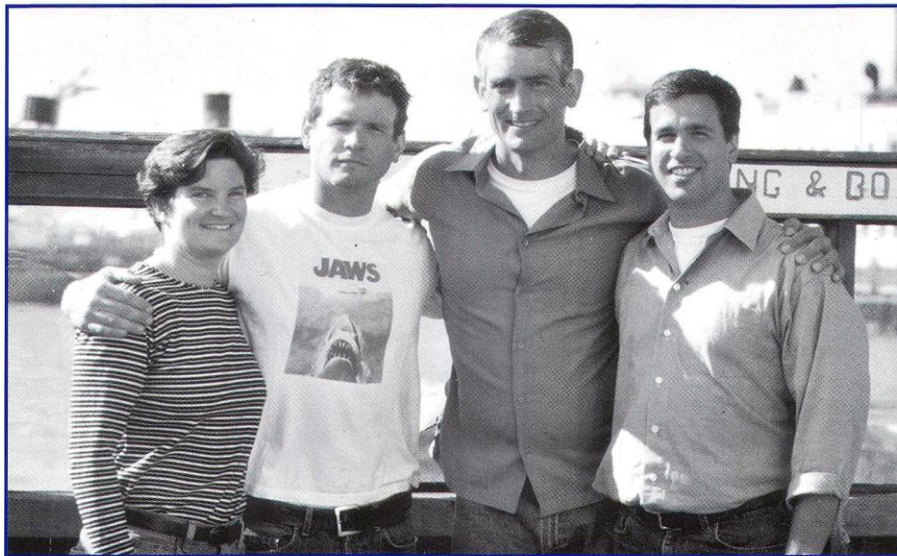


Photo: Sid Hollister

Coach-pilot Candace Kelly with Si Bunting and John Ottersberg with coach-pilot Rick Avery. John and Si both successfully crossed the English Channel in August.

Members who have not often, or ever, rowed a double of any sort and want experience doing so, should contact Ed de Cossio, (650) 343-1201; he'll get you started.

—Todd Oppenheimer

SF's Ocean Film Festival Prepares for a Second Voyage

THE NEWEST ENTRANT to the world of San Francisco film festivals is the San Francisco Ocean Film Festival (SFOFF), the creation of Dolphin swimmer, Krist Jake. "I want people to enjoy themselves, to be entertained, and perhaps to walk away with a greater appreciation for the beauty of the ocean and," he concluded, "with a better understanding of the ecological and human issues surrounding the well-being of our oceans."

SFOFF's maiden voyage screened 20 films, mostly documentaries, that ranged in length from 5 to 55 minutes. Some films were biographical or historical, others were scientific, yet others raised environmental and political questions. And some films took a lighter approach. In many cases, the film's producer, director, or subject attended.

The Festival was officially launched on Friday evening, January 9th, at the Maritime Museum in Aquatic Park. Twenty English Channel swimmers from the Dolphin and South End Clubs attended and spoke.

On Saturday a free children's program was given at the National Park Service Visitor Center.

The second San Francisco Ocean Film Festival, with screenings again at Cowell Theater, will take place on January 29-30, 2005. Film entries have already started to arrive.

Volunteers help make this festival happen. To lend a hand, call (415) 310-5259. For more information, check out the Festival website at www.oceanfilmfest.org.

—Joe Illick

THE DOLPHIN CLUB BUILDING FUND

An opportunity to support the long-term capital needs of your Club through a tax-deductible contribution or gift.

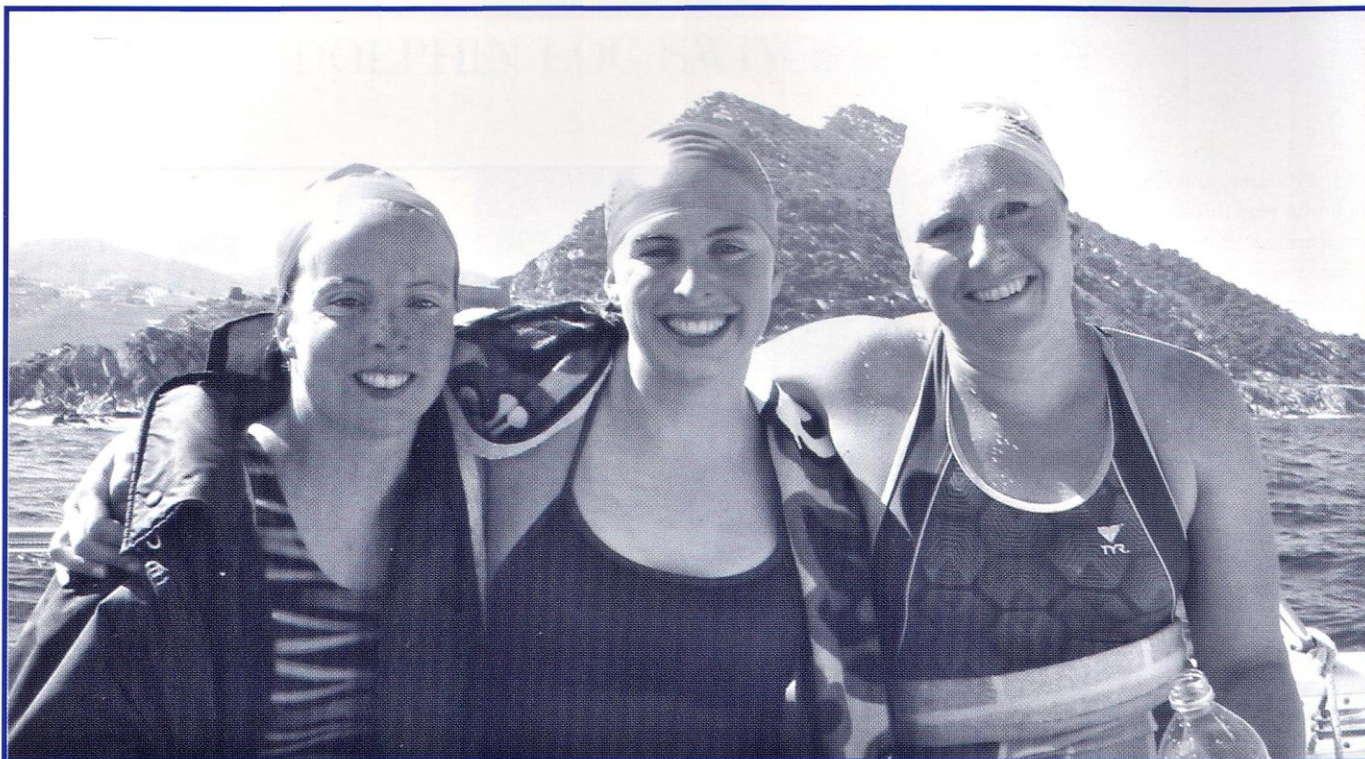
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Meg Reilly megreillyusa@hotmail.com

Anthony DuComb awducomb@sbcglobal.net



Dolphins Heather Royer (L) and Neala Kendall (C) with their teammate Amber Rhett, after crossing the Gibraltar Strait. They all swim together with the Strawberry Canyon Masters in Berkeley.

WE ROCKED GIBRALTAR

by Heather Royer, Neala Kendall and Amber Rhett

June 23, 2004: WE DID IT! We swam from Europe to Africa, from Spain to Morocco. We arrived in Tarifa, Spain, on Sunday, June 20, to meet with Rafael Gutierrez Mesa, who is in charge of the Gibraltar Strait Swimming Association. He also owns a whale- and dolphin-watching tour company in Tarifa. On Monday the 21st, he showed us wind charts used by windsurfers to select the windiest days. Tarifa is primarily a wind- and kite-surfing town due to strong winds channeled by the narrowing of the land around the Strait. But a good day for windsurfers is a bad day for swimmers, so we picked a couple of days that were forecast to have low winds. Tuesday looked good, but

Rafael was already scheduled to take two Spaniards across that day. The next window was expected to be Saturday.

We went back to our apartment in downtown Tarifa, a few blocks from Rafael's shop and the harbor where we'd start our swim. It was a great location but not exactly quiet: The Spaniards keep late hours. We decided to take a day trip to Sevilla before our crossing. We'd get in an early swim Tuesday morning, check in with Rafael, then head north.

During our swim the next morning, we talked about how the swimmers were doing who were already on the way across the Strait. After an hour's swim in the Mediterranean, we went to Rafael's shop, where we were told that since the weather had changed rather suddenly (typical, apparently, for

Tarifa) at least one swimmer would have to do the swim the next morning.

In our original plans, we had figured that Amber would do the swim by herself one day and Heather and Neala would do it together on a different day, or possibly during an advantageous tide later the same day. It became clear, however, that all of us might not complete the swim if we followed that plan, so we decided to go together. Heather and Neala would be accompanied by one boat and Amber by the other, since this was the way we had trained and two boats were provided—an Avon and a 10-person motor boat. Rafael assured us that the plan would work out. We went home, ate, made last minute preparations for the swim, sang, and danced to Toto's "Africa"—our theme song. Then we tried to sleep.

Two members of our crew, Eric and Laura, friends from the Bay Area, were arriving late Tuesday night from Jerez de la Frontera, two hours northwest of Tarifa. After a long day of traveling—they had started out in Boston the day before—they entered our apartment at 1 AM to find a note informing them that they would have to get up at 4:30 AM, which they did with no complaints. They're champs.

We met Rafael at 5:30 AM, obscenely early for Spain (an impromptu Flamenco session had broken out during the night directly under our window), loaded all of our liquids, food, and paraphernalia onto the boats, and then met the boat crews that would take us across. Rafael stayed ashore to monitor our progress by radio from the shop.

It was still dark when we got in the water at 6:20 AM. Fortunately, we'd put lightsticks in our goggle straps so our crews could see us, because we didn't know that the Spanish crews were unaware of our plan to split up. We broke up into our two groups and started swimming, assuming that the boats would be with us, ready to guide us. When we looked up, however, we couldn't see our boats and didn't know where they were. Rafael hadn't, apparently, told them of our plan and they were still trying to figure out why there were two groups. We quickly found each other, and after some heated exchanges in broken English and Spanish (some of us remembered Lynne Cox's story of being lost in the fog during a Catalina Island swim), we set off in earnest toward Africa. Within a few minutes, we were treated to a beautiful

Mediterranean sunrise. Our crews cheered us along, fed us, kept us hydrated, and generally didn't let us worry about anything but our swim.

And the swim itself was marvelous. There were one- to two-foot swells, but they weren't much of a problem for most of the way across. The water was a comfortable 67 degrees F. We were

hoping to see whales and dolphins, which frequent the Strait, but we had no such luck. We did, though, see many enormous tankers and at one point were convinced we'd have to race one of them or be crushed. But our captains kept us out of harm's way, maintaining contact with all the shipping traffic in the area. After about three hours, we crossed the last shipping lane on our route and could swim without worry. We could see the Moroccan coastline getting closer and closer and could make out cliffs and buildings.

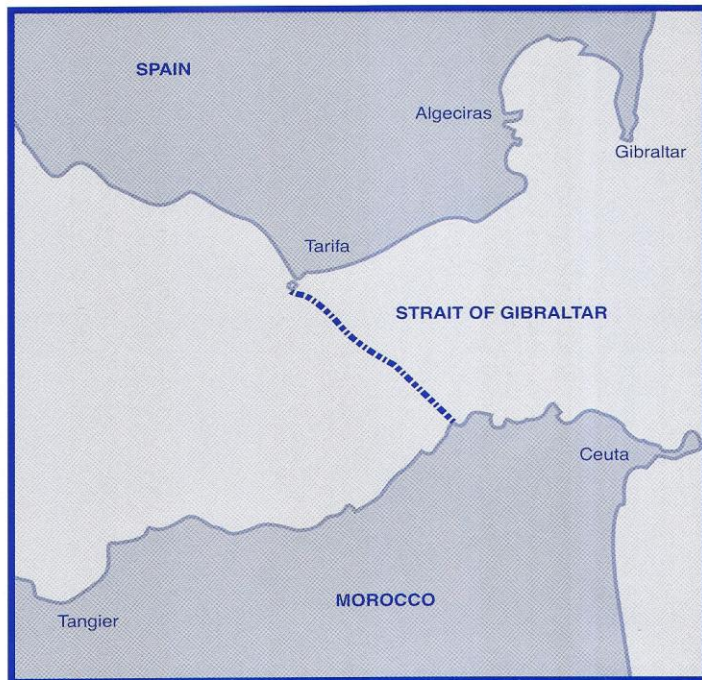
During the final 45 minutes, the swells got bigger and became whitecaps. We'd get a big push from one and then find ourselves swimming in place for a little while in the trough. Finally, we were close

enough to see the bottom. Currents and the high waves gave our captain pause, though, and he decided against landing us on the beach. Our pilots proclaimed our swim successful about 20 meters from shore. We boarded our boats and motored for home, about 14 miles away as the crow flies. Tides make it impossible to swim in a straight line, however, so we swam farther. Neala and Heather completed the swim in 4 hours and 36 minutes; Amber in 4 hours and 48 minutes.

On the way back we saw the marine life we'd hoped to see while in the water. A pod of pilot whales accompanied by bottlenose dolphins treated us to a show, leaping out of the water near us and playing in the bow wave of a tanker. We also saw two sunfish, known as mola mola, whose fins, sticking out of the water as they slowly twirled around, resembled those of sharks.

When we arrived back at the dock in Tarifa, we were greeted by a welcoming committee that included a Taiwanese man who was planning to swim the Strait in a few days, as well as enthusiastic members of the local press. A team of journalists took our picture and said it would appear as part of an article in *Europa Sur*. And it did.

THANK YOU to everyone who supported our efforts — it was a great swim and experience! 🐬



The trio's route.



A young Joe Illick (left) and a younger brother, Flex, doing some open-water swimming, eastern Pennsylvania style.

OPEN-WATER SWIMMING ON THE RIGHT COAST

by Joe Illick

“**S**O YOU’RE THE CALIFORNIAN?” I was in Madison, Connecticut, early one Saturday morning in late June, having signed up over the internet to race with—as it happened — 450 swimmers from age 13 to 70 (and one lonely gentleman of 78). We gathered in this town 30 miles east of New Haven on Long Island Sound for what appeared to me as a gigantic picnic with few outsiders. Half a mile from shore was a large yellow buoy that we were expected to circle (we went out

in seven waves, each of us wearing an electronic timer on the ankle). The loud-speakered official, who reminded us of his double English Channel crossing and promised to try a triple, cheered us on as he pointed out the more prominent contestants among us.

My only previous swimming in Connecticut had been in the Yale University pool, where I disqualified my Princeton relay team in the Eastern Intercollegiates in 1956. During the half-century since then, I discovered open-water swimming — which, it could be argued, is how I began the sport in the first

place, paddling in the brook that ran through our farm, intimidated by the pool our cousins invited my brothers and me to enjoy once every summer. But the post World War II building boom lifted my contractor father into the country club income bracket, where I was socialized into capitalism by learning not only to swim but to compete — in pools.

I loved the starting blocks, the neatly demarcated lanes, the split-second times that signified the order of it all. Only after decades of San Francisco living did I desert the natatorium for the Bay. And whenever I returned to the eastern Pennsylvania of my boyhood I still plunged back into the 80-degree pools of my past, though with flagging enthusiasm. This spring, however, while stroking through the internet, I noticed there was a swim in my own Lehigh River, once a major carrier of industrial waste but now, apparently, a sports channel. How could I not compete?

The event was scheduled, however, for the morning after the Madison Mile, and public transportation did not deliver me in time for the start. Fortunately, my brother Tom had entered, and he described to me taking a boat upriver and swimming down. Determined to atone for my absence, I swam both up the river and back down for seven days, enough to make one weak. The water was so clear I could glimpse the hundreds of automobile tires lining the river's bottom.

In the midst of this regimen, I slipped away to the New Jersey shore for the 25th annual Mile at Bradley Beach, an Atlantic Coast resort community just south of the Methodist campgrounds of Ocean Grove, a spot I once frequented, not for spiritual reasons but because my parents owned a cottage there and I was in graduate school at the University of Pennsylvania in nearby Philadelphia.

The swim competition was more intense in New Jersey than in Connecticut. The Garden State is suburban with an attendant car culture. The 150 swimmers at Bradley Beach, dashing into the water simultaneously, might as well have been on a Nascar race track. (As I write this I am recovering from a hefty kick in the nose sustained from this swim; no respect was shown to me as the most elderly participant.) Probably the commute into New York City only reinforces the New Jersians' competitive sense.

When I arrived in the Big Apple I could only conclude that open-water swimming was not high on the list of official priorities. Two different operators at the New York City Park and Recreation Department were clueless about swimming in the Hudson or East Rivers and referred me to the Coast Guard, also of no help. A voice at Charter Pro Yachts, located at Chelsea Pier (23rd St.), volunteered that "the river's swimmable" and suggested possible entry points at the 79th St. boat basin or the Hudson River Park at 150th St. Gaining access to the River was no easier than finding a parking space.

I was quartered at 101st St. and Riverside Drive, separated

from the Hudson by Riverside Park and the West Side Highway. I made my way across the first and under the second to a spot near 97th St., where I clambered down the boulders on the riverbank, disrobed, and, undeterred by a large dead fish floating in the eddy by the shore, eased myself into the water.

The current runs a seven miles per hour, pretty strong, so the secret is to swim upstream between it and the debris gathering near the bank boulders. Although a moderately energetic stroke carries you almost nowhere, it does allow you to exercise while

enabling you to keep your eyes on your clothes, no small virtue. A boring swim, really, but what else in New York is free? For \$55 you could enter the 2.5-mile Race for the River, jumping in at midtown and being swept to the financial district. But that was almost two weeks away, and I was bound for Boston.

Reaching Beantown from Gotham by train or bus is simpler than finding the L St. bath house on Boston Harbor by public transport. On a previous visit I had walked the final mile and a half burdened with my backpack. This time my improved planning left me only a few blocks to traverse by foot. The hospitable caretakers at L St. superintend a huge, though rather delapidated, facility with hundreds of lockers, several weight rooms, a small shower room, and a tiny steam bath, not to mention an exit onto a beautiful beach facing Boston Harbor, where the temperature in June was already an enjoyable 60 degrees.

But swimming in Walden Pond the following day was more than an enjoyable experience — it was transcendental! Concord is easily reached by car, and the Pond features not only a leafy perimeter trail but two sandy beaches, though you may enter the clear water anywhere. The setting is quite wonderful, suprisingly uncommercial. I bathed with Richard Dunn, my first history instructor (at Princeton in the spring of 1954) and now, in semi-retirement, director of the American Philosophical Society. Only Thoreau himself was missing from this patriotic plunge.

Finally, I embarked on a long bus ride to Acadia National Park in Maine, where the ponds are inviting but the ocean offers only a chilly reception. An old high school friend kayacked alongside me as I swam in the former and shook his head in disbelief that I should want to bathe in the latter. The Atlantic's temperature in Maine moves between the mid-forties and mid-fifties, depending on the wind. It was 52 degrees the day I dived in, the only swimmer in sight at a popular beach, and when I emerged I was congratulated by the sand sitters as if I had just completed Alcatraz.

But, this being the final immersion in my watery journey, I felt less like a cold-water hero than a swimming-hole dilettante, maybe a bit like Burt Lancaster — surely you recall "The Swimmer" from 1968, based on a John Cheever short story — a sampler of open-water opportunities in the Northeast. 🐬

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SMOKIN' THE SOUTH END

— OR, HOW I LEARNED TO LOVE THE ERG

by Sid Hollister

“We got one,” shouted Greg LaRoche, coxswain and coach of the *Wieland*’s six-woman crew, as the stern of the Dolphin barge pulled past the rower in the stern of the South End barge. Oars swung

and dipped, arms pulled, legs thrust out.

“We got two,” came another shout as the *Wieland* slid smoothly through the dark blue water and its stern cleared another rower’s position in the rival boat.

“We got three,” and the race was all but over. Just a few hundred yards from the starting line, there was open water between the Dolphin barge and the lagging South End boat.

“It was a perfect morning,” Racheal Perry remembers, “just beautiful. But the start seemed to take forever.” Strong currents made lining up the two boats a tricky bit of business and the strong flow of adrenalin in the eager rowers did nothing to steady matters. “It was so exciting,” Racheal recalls, “waiting for that horn to blow. And when the *Wieland* shot out to a lead, you could hear the excitement in Greg’s voice.”

Finally, those grueling twice-a-week sessions on the ERG (rowing machine) and those crack-of-dawn rows were paying off. Under Greg’s tutelage, Rachael, Margaret Keenan, Sunny McKee, Diane Schatz, Cynthia Skovlin, and Corinna Witt had melded into a strong, smoothly efficient team. Susan Allen and Katie Cronin, alternates who had trained right along with the other six women, had a perfect view of the *Wieland* victory from the Avon that tracked the race. What they saw, after almost two months of training, were six individual rowers transformed into a single unit.

Watching that transformation was, for Diane Schatz, the high point of the whole experience. Having rowed in singles and doubles off and on for over 20 years, she was particularly impressed “by the women who had never rowed or had very little rowing experience. They learned so quickly and stuck with it.... To see them master rowing was a treat.” And, she adds: “It’s always nice to beat the South End.”

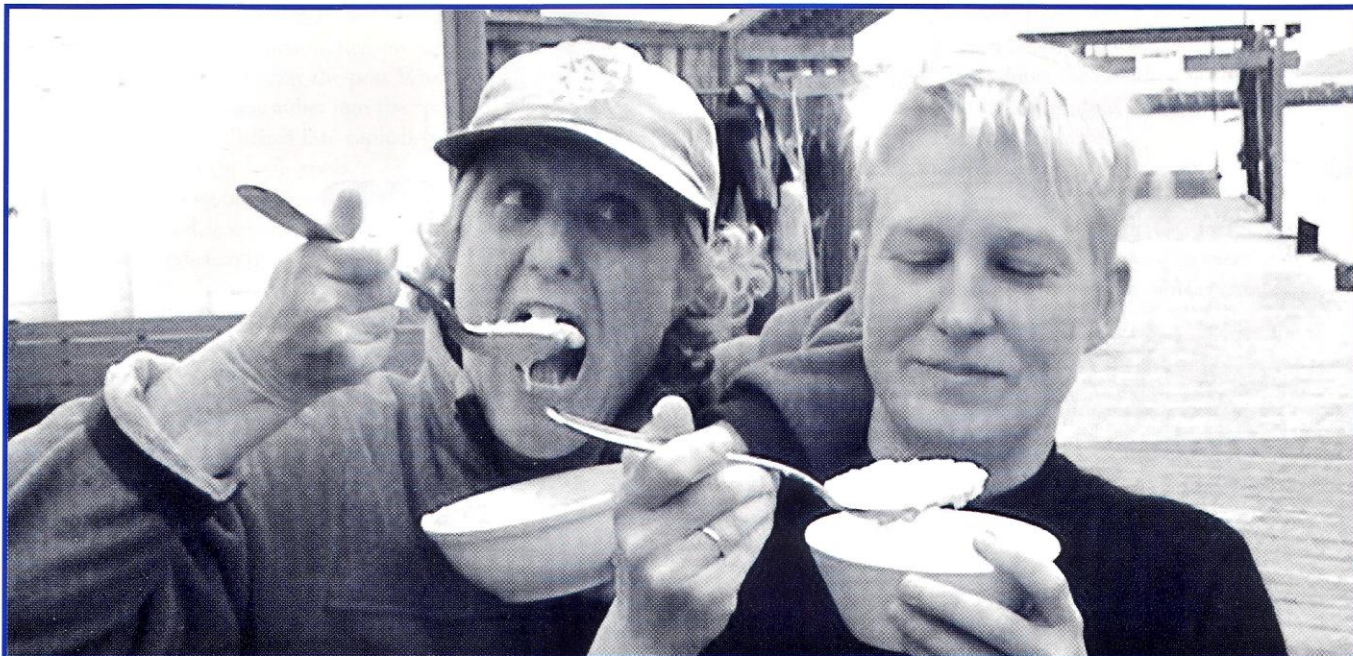
“Smokin’ the South End,” as Margaret Keenan puts it, was also a high point for both her and Sunny McKee. Margaret had rowed crew in her first year in college but since had focused

mostly on the individual challenges of swimming. Being part of a Dolphin team was exciting and new. “We all depended on each other...and got better and better each time out,” she recalls. “Every time on the Bay was a new adventure. We were a huge hit with the sea lions and it was a wonderful rush when we were all in sync and the *Wieland* was flying.”

Sunny, too, had mostly taken on individual challenges, though for her triathlons and marathons were the sports of choice. In training for the *Wieland* crew, individual effort was needed early on, when Greg would look for any flaws or weaknesses in each woman’s stroke as they worked out — of course — on the ERG. “The hardest part was putting all the parts of the stroke together...which was even harder in the boat because you had to be in sync with everybody else.” That’s where the difference became clear between an individual sport and a team sport. “If you don’t show up for a triathlon, you’re the only one who’s disappointed. In a crew, if you don’t show up, you let everyone down.”

For all the women, rowing a beautiful boat at dawn during the Bay Area’s crisp and sunny fall weather was unforgettable. That alone, for most, was worth the hours of exhausting and monotonous work on the dreaded ERG. Susan Allen recalls: “Being out on the water in that beautiful boat as the sun rose...and being in sync with the other rowers... it was beautiful — a connecting experience.”

Katie Cronin, captain and general sparkplug of the crew, made it her job to keep the *Wieland* women connected in a number of ways by using her organizing skills, Irish charm, hot tea, and hot oatmeal (Irish, too, of course) after those morning rows. When Katie started rowing at the Club a few years ago “it was,” she remembers, “like opening a door in a familiar place, a door you’d never opened before. It was great — both the rowing and the new people I met.” John Latta asked her to be the captain early last summer and to help him put a crew together. She was disappointed at not getting past the ERG barrier and securing a spot on that crew but her captain’s role as a problem-solver, morale booster, and videographer kept her involved. She also learned the complexities of rowing technique, and, like Susan Allen, got in terrific physical shape. Being part of the *Wieland* crew meant the most to her. “It was such a great experience, being part of the team. I was so proud of those women.”



Katie Cronin, setting an Irish oatmeal example for rower Cynthia Skovlin.

Katie is quick to point out, however, that "I might have made the oatmeal, but Greg did the training and teaching." Racheal remembers the first time they went out in the *Wieland*: "We were all over the place. I thought we were so ragged we wouldn't even finish the race, never mind win it. Greg, though, never wavered in his confidence in us."

Once he had put them through their twice-a-week paces on the ERG — coaching them once a week and using the videotape that Katie shot — he probably knew he had the makings of a strong crew. Doing those three-, five-, and even seven-thousand-meter workouts, with barely a minute's break between thousand-meter pieces, did the job. But it certainly wasn't fun. The ERG "... gives you all the work of rowing, but none of the pleasure," Corinna Witt says emphatically. "And you do it all alone," she adds, "even if Greg were there sometimes to help you out."

That ERG work, however, was the foundation of success out on the water. "Once the women had good technique, mechanics, and stamina," Greg says, "we got out on the water to do blade work — learning how to get the oar blade to enter and move through the water most efficiently."

Practicing starts came next, followed by rowing the course over and over, which taught the team how to use the currents and tide to best advantage. The morning rows gave Greg, as they did the women, many pleasures: "Being on the water early in the morning, often followed by sea lions who seemed curious about our big boat, and seeing the satisfaction of the women as they improved was really satisfying." The high point for Greg, though, was "seeing the crew work together so well...performing superbly in the race, when it mattered most. After just 500 yards, it was clear that we'd win."

The excitement of the competition, especially as the *Wieland*

pulled away from the South End boat, was capped by a cheering crowd on Muni Pier that waved and whooped as the Dolphin women swept victoriously into the cove. "That was a high point for me," Corinna Witt says.

Corinna experienced another high point, too, and it came as a surprise to her. "The day of the ERG test, I had a hard, difficult day at work. I felt low," she remembers, "but after the ERG session I felt much better. And not just because I did well. It was the rowing that did it."

To Cynthia Skovlin, and to the many regular Club swimmers who enjoy aquatic meditation, that's no surprise. Greg's coaching, she says, had a lot to do with that particular feeling. "He didn't just break down our strokes and rebuild them, he taught us to focus our minds, to concentrate..." During the early weeks of training, Cynthia saw "...on the ERG monitor that my stroke rate and efficiency decreased the moment my mind wandered." And when we got out on the water, she remembers, Greg taught us "to listen to the boat...to the sound of our oar blade entering the water, to the creak of the oarlock as you recovered your stroke...Learning to 'be in the stroke,' as Greg says, was quite a challenge."

Each rower met that particular challenge on her own. The more complex challenge was to get all six rowers to work as one in moving the *Wieland* swiftly through the water. "When we finally got it," Cynthia recalls, "the boat took on a life of its own." Against such keenly focused energy, against such a smooth-working crew, the South End rowers were no match. "From the moment the starter's horn was blown, all of their oar blades hit the water at different times", Cynthia remembers. "They didn't stand a chance! The Dolphin women were rowing as one: it was Zen." With some serious smokin' of those tricky South Enders for good measure. 🌊

SOUL OF A SWIMMER

by Rasa Gusataitis

(Reprinted by permission of California Coast and Ocean, summer 2003, a quarterly publication of the Coastal Conservancy, a state agency that works with the public to preserve and restore public access and natural resources of the California Coast and San Francisco Bay.)

He comes out of the water all pink and beaming, the swimming cap and big grin making his face look round as the full moon, and as friendly. "Can't imagine a better way to end a working day," he says, stepping onto the sand at the Dolphin Club, at Aquatic Park in San Francisco.

"I'm the oldest living ditchdigger that's still working as a ditchdigger in San Francisco. But no matter what kind of day it's been, I come here and feel 18 again. I'm all refreshed so I can be nice and kind when I get home."

Indeed, though he probably had more hair on his head at 18, Conrad von Blankenburg at 63—eyes sparkling, feet firmly planted in the sand—is the picture of vigor and health.

"There's no gravity in the water. It's good for the soul and it's good for the joints," he explains.

Making a living as a general contractor requires intimate contact with the ground. He puts garages under old Victorian homes, builds new earthquake-proof foundations under old houses. That requires a lot of horizontal moving through crawlspaces and a lot of exertion. All that is hard on the joints. But come late afternoon, you will find him in San Francisco Bay, be it winter or summer, rainy or hot. Unless, that is, he is swimming down-coast, or in Hawaii, Tahiti, or—his latest venture—around California's coastal piers.

We have the sea in our blood, which has close to the same salinity, but few hear the ocean beat as powerfully as von Blankenburg. He was born to it, son and grandson of swimmers. He grew up in Redondo Beach, and remembers going into the surf for the first time at around age two, on the back of his father, who was a lifeguard then in Santa Monica. When he was around 10, his mother made him a bag of unbleached muslin. "All the kids had them. She had one too when she was a kid," he says. "We'd run along the beach until the wind filled it, then we'd squeeze it

tight and run into the water and surf on it until it got wet. Then we'd do it again. You had to empty it when you came out. There were no surfboards then." He made his first surfboard of redwood and plywood in 7th grade, in shop class.

At age 14 he started applying to be a lifeguard, though you had to be 18 to qualify. At 15 he was hired. "I lied," he explains. Later, in the Coast Guard, he went diving everywhere his ship dropped anchor in the Pacific. In Okinawa he went bodysurfing in a typhoon.

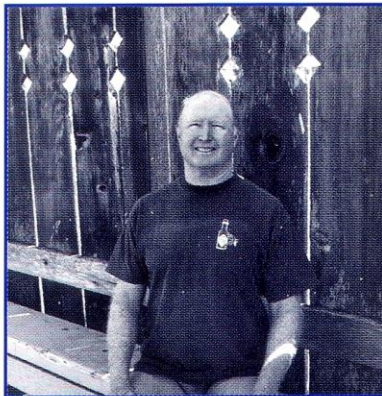
Home base for him right now is the Dolphin Club, and he takes part in just about every swim it offers. Since 1975 he has taken part in the Golden Gate swim every year, except a couple of times when fog cancelled the event. His father did that swim in 1927–28, and his grandfather a few decades earlier, when he was in the Navy. His son Erick has swum it four times. A daughter who lives in Florida is a "terrific swimmer," he says. His two-year-old granddaughter will likely follow family tradition, he figures.

It was his wife who made him venture across the Golden Gate for the first time. "She saw an article that the Dolphin Club was about to have a Golden Gate swim and said 'You probably couldn't do that.' So of course I found out what you have to do and did it.

"The Club is a treasure. It's public and costs about a \$1 a day if you join. You also can pay \$6.50 and use most of the facilities just for a day, including the showers, sauna, and gym. Till '76 it was all male, but then some women wanted to join and swim. And of course that was the end of the world. But then a whole lot of them got together and got married, and then women started swimming faster than the men. Of course the club's real nice now with the women. I personally didn't care for just being around a bunch of men. People in their 80s and 90s still swim, and young people bring their families, and they join."

When he has the time, von Blankenburg likes to drive down the coast, stopping and swimming along the way. "There's nothing more enjoyable on a Sunday than swimming from Avenue C in Redondo to Palos Verdes and back," he says. "There are always dolphins. You can see rays. A couple of times there was a lobster crawling on the bottom.

All sorts of fish." Some changes over the years have been dis-



The man himself.

Photo: Sid Hollister



A young Conrad, far right, with his muslin bag and his beach buddies, about 1950.

travelling. "In Palos Verdes there were lots of abalone till 1958, but in 1963 there was not one left, and all the kelp was gone," he says. "The bottom was covered with sea urchins."

It was during one of his coastal drives, with a copy of the *California Coastal Access Guide* beside him, that von Blankenburg decided to swim around all the coastal piers. He was thinking about piers, how they provide a way for people to walk out over the water. It occurred to him that he had never heard of anyone swimming around all the piers, so he decided, "Why not put me down for something no one has ever done?"

He found that lifeguards tend to frown on swimmers near piers, so he would go out early, before the lifeguards arrived. Staying a distance from the structures to avoid fishing lines, he traveled around the 1,140-foot Pacifica Pier, then Santa Cruz, and on down the coast to Imperial Beach. At Avila Beach, a sea

lion swam with him the whole way around the long oil company pier. "That was great, having company," he says.

He liked going around the Santa Monica Pier, because of his dad's having been a lifeguard there. Now he's swum around 40 of the 42 coastal piers. Point Arena is next. That will leave only the private pier at Paradise Cove in Malibu. "They want me to pay \$20, so I have to sneak in," he says.

What will he do next? "I figure the way people are living these days, I'll probably live to 100," he says. "The doctor gave me a new hip in '93 and it's still perfect." (Ten days later, he was back in the water. A friend hung his crutches from the end of the pier at the Dolphin Club so he could get out.) "So if they can keep putting in spare parts, I can make it a few more years. I can't imagine not swimming in the ocean. Something happens to your soul when you're in the ocean." 🐬

DOLPHIN LOG SWIM STATISTICS

Swim Commissioners' Report

TOM KELLER, RICK AVERY, AND TED TILLES are the Dolphin Club's new swim commissioners, assuming the responsibilities Suzie Dods handled so successfully during the past three years. They have put themselves under the tutelage of past commissioners, including Suzie, while they learn the details of managing the swim program. They are also keeping in place the adopt-a-swim lineup for those who have signed up to manage swims.

Tom (chairsoi@yahoo.com), a member of the Club's Board of Governors, will handle arrangements with the Coast Guard and other out-of-cove contacts, as well as swim policy and swim briefings. Rick (rickaverysf@aol.com) will manage the money, the trinkets, and the food served after the swims. Ted (ttilles@pacbell.net) will deal with the swim roster, participation in the swims, promoting the swims, and also with insurance matters.

The move from a single commissioner to a commission of several persons not only lightens the load for those handling the responsibility, but also represents continuity with the past, when Club swim programs were customarily run by a commission.

—The Swim Commissioners

Pier 43 1/2 Swim

April 10, 2004 — Final Results

1. Mike Garibaldi	15.47
2. Drew Sullivan	15.48
3. Nigel Kileen	15.58
4. Michael Tschantz-Hahn	16.20
5. George Kebbe	17.06
6. Joanne Desmond	18.13
7. Ted Tilles	18.20
8. Pat McGarvey	18.26
9. Margaret Keenan	18.30
10. Conrad von Blankenburg	18.40
11. Jim Baron	18.41
12. Phil Rollins	18.51
13. Joe Illick	18.53
14. Bill Hadley	19.08
15. Ian MacLean	19.48
16. Keith Nelson	19.58
17. Trish Miller	20.35
18. Rick Avery	20.37
19. Nancy Hornor	21.07
20. Andy Stone	21.27
21. Keith Howell	21.30
22. Noel Turner	21.32
23. Bess Purcell	21.41
24. Ken Coren	21.57
25. Hal Offen	22.20
26. Cynthia Skovlin	22.40
27. Rey Hassan	22.50
28. Mary Sancimino	22.52

29. Joe Mannion	22.54
30. Roger Kleid	23.19
31. Sue Garfield	23.54
32. Darcy Wettersten	24.05
33. Vince Rioux	24.07
34. John Bacon	24.40
35. Richard Hannes	24.46
36. Bill Glover	25.06
37. Dahlia Kamesar	26.00
38. Debbie Rose	26.13
39. David McGrane	26.34
40. Will Powning	27.04
41. David Broadbear	34.18
42. Pavla Podolska	36.50

HELPERS: Mary Alex, Susan Allen, Jodi Aptel, Laura Atkins, John Bacon, Jim Barron, Sue Garfield, Mike Garibaldi, Ali Hall, Rey Hassan, Brian Herrick, Joe Illick, Karen Jenkins, Pat McGarvey, Laura Merkl, Michaellynn Meyers, Napthali Offen, Mimi Osborne, Pavla Podolska, Phil Rollins, Debbie Rose, Lynda Snyderman, Noel Turner, Conrad von Blankenburg

PILOTS: Ray Artigues, Paul Brady, Duke Dahlin, Peter Darlington, Ed de Cossio, Rueben Hechenova, Tom Keller, Phil Kohlenberg, Mickey Lavelle, Tom McElligott, Dan McGill, Paul Moe, Emily Roth, Dan Osborne, Matt Sheridan, Keith Weaver, Bob Weil

Pier 39 Swim

May 9, 2004 — Final Results

1. Becky Fenson	22.00
2. Nigel Killeen	23.24
3. Ali Hall	23.32
4. Mike Garibaldi	23.37
5. M. Tschantz-Hahn	23.50
6. Drew Sullivan	24.44
7. Tim McElliott	25.05
8. Andreas Kohler	25.11
9. Rebecca Tilley	26.10
10. Joanne Desmond	26.26
11. Nancy Cutler	26.34
12. Margaret Keenan	26.45
13. Jennifer Lamers	26.48
14. Joe Omran	26.48
15. Mary Alex	27.17
16. Joe Illick	27.17
17. Sunny McKee	27.22
18. Jim Barron	27.24
19. Andy Stone	27.26
20. Tom Bishop	27.34
21. Mark McKee	28.11
22. Ian MacLean	28.12
23. Gina Rus	28.23
24. Rick Avery	28.34
25. Keith Nelson	28.43
26. Fred Johnson	28.44
27. Krist Jake	28.46
28. Robin Rome	29.44
29. Rodes Fishburn	30.27
30. Jim Frew	30.35
31. Bess Purcell	30.48
32. Nephtali Offen	31.00
33. Ken Coren	31.13
34. Cynthia Skovlin	32.41
35. Joe Mannion	32.49
36. Noel Turner	33.29
37. Roger Kleid	34.00
38. Susan Lauritzen	34.11
39. Darcy Wettersten	34.30
40. Steve Lathram	34.47
41. Debbie Rose	35.51
42. Anthony DuComb	37.30
43. Stewart Etzler	39.48
44. Gary Ehrsam	40.31

HELPERS: John Bacon, Jim Barron, Tom Bishop, John Bauer, Ken Coren, Pam Derks, Anthony DuComb, Jim Frew, Sue Garfield, Mike Garibaldi, Ali Hall, Fred Johnson, Joe Illick, Phil Kohlenberg, Jennifer Lamers, Steve Lathram, Susan Lauritzen, Joe

DOLPHIN LOG SWIM STATISTICS

Mannion, Pat McGarvey, Mark McKee, Ian MacLean, Lorna Newlin, Hal Offen, Mimi Osborne, Dan Osborne, Bess Purcell, Mary Sancimino, Rebecca Tilley, Mike Tschantz-Hahn

PILOTS: Susan Allen, Ray Artigues, Pete Bianucci, Katie Cronin, Peter Darlington, Ed de Cossio, Jim Fagan, Colin Gift, Don Harrison, Neil Hartnett, Tom Keller, Phil Kohlenberg, Dan McGill, David McGrane, Dan Needam, Paul Nixon, Phil Rollins, Emily Roth, Keith Weaver, Bob Weil

Yacht Harbor Swim

May 16, 2004 — Final Results

1. Nigel Killen	29.33
2. Ali Hall	29.45
3. Mike Garibaldi	29.55
4. Adam Engelskirchen	30.00
5. Michael Tschantz-Hahn	30.25
6. Neal Rayner	31.13
7. Alice Jones	31.26
8. Ralph Wenzel	31.31
9. Paul Moe	33.35
10. Rebecca Tilley	33.59
11. Joe Illick	34.25
12. Peter Darlington	34.42
13. Todd Oppenheimer	35.55
14. Paul Davies	36.16
15. Rick Avery	36.39
16. Bill Hadley	36.48
17. Krist Jake	36.49
18. Keith Nelson	37.04
19. Ian MacLean	37.15
20. Trish Miller	37.40
21. Robin Rome	38.10
22. Pete Neubauer	38.33
23. Tom Dugan	39.31
24. Rick Hicks	40.23
25. Hal Offen	41.53
26. Roger Kleid	41.53
27. Ted Tilles	42.54
28. Joe Mannion	43.03
29. Susan Lauritzen	44.59
30. Katie Cronin	46.03
31. Gary Ersham	46.17
32. Will Powning	48.00
33. Sara McCuskey	49.55
34. David Broadbear	51.35

PILOTS: Ray Artigues, Pete Bianucci, Rich Cooper, Jim Fagan, Colin Gift, Don Harrison, Niel Hartnett, Tom Keller, Dan McGill, Dan Osborne,



Aristotle Smith, Liam Hennessy, Ted Tilles and Tom Keller — a fitting end to Crazy Cove...

Michael Pacicca, Phil Rollins, Emily Roth, Lyrinda Snyderman, Bob Weil

HELPERS: John Bacon, Sue Garfield, Ali Hall, Greg Hicks, Alice Jones, Joe Mannion, Pat McGarvey, Pete Neubauer, Mimi Osborne, Al de la Peña, Neal Rayner, Phil Rollins, Gina Rus, Darcy Wettersten

Crazy Cove Swim

June 6, 2004—Final Results

*NOTE: No times were recorded.
Rumor has it there was a variety of courses.
Thanks to all for a great evening.*

1. Todd Walsh
2. Niegel Killeen
3. Michael Tschantz-Hahn
4. Paul Moe
5. Margaret Keenan
6. Chrissie Clay
7. Conrad von Blankenburg
8. Joe Omran
9. Pat McGarvey
10. Peter Darlington
11. Ali Hall
12. Laura Zovickian
13. Rick Avery
14. Pam Derks

15. Todd Oppenheimer
16. Ted Tilles
17. Joe Illick
18. Mike McGaughy
19. Robin Rome
20. Ian MacLean
21. Kate Coleman
22. Tom Bishop
23. Jennifer Lamers
24. Mary Alex
25. Pete Neubauer
26. Laura Atkins
27. Bob Blum
28. Bess Purcell
29. Lorna Newlin
30. Nancy Horner
31. Ken Coren
32. Aristotle Smith
33. Gary Ehrsam
34. Sue Garfield
35. Darcy Wettersten
36. Ralph Wenzel
37. Bill Glover
38. Jim Frew
39. Megan Sullivan
40. Dalhia Kamesar
41. Anne Sasaki
42. Dean Badessa
43. Susan Lauritzen
44. Will Powning
45. Ed de Cossio

DOLPHIN LOG SWIM STATISTICS

46. Neal Rayner
47. Tom Keller
48. Phil Kohlenberg

HELPERS: John Bacon, Tom Bishop, David Broadbear, Ken Coren, Gary Ehrsam, Jim Frew, Sue Garfield, Bill Glover, Norm Hayes, Nancy Hornor, Dahlia Kamesar, Tom Keller, Steve Lathram, Pat McGarvey, Neal Rayner, Phil Rollins, Todd Walsh

PILOTS: Duke Dahlin, Suzie Dods, Neil Hartnett

Twilight Cove Swim

June 18, 2004—Final Results

Shortest Course - 1/2 mile

Era Osibe 24.20

Short Course - 3/4 mile

- | | |
|----------------------|-------|
| 1. Mark McKee | 22.58 |
| 2. Trish Miller | 25.29 |
| 3. Megan Sullivan | 26.34 |
| 4. Lorna Newlin | 26.45 |
| 5. Sid Hollister | 26.47 |
| 6. Noel Turner | 26.54 |
| 7. Steve Worthington | 28.04 |
| 8. Steve Lathram | 28.56 |
| 9. Cynthia Skovlin | 29.50 |
| 10. David Haskell | 31.15 |
| 11. Anne Sasaki | 31.29 |
| 12. Nancy Hayes | 31.39 |
| 13. Seth Katzman | 31.55 |
| 14. Wendy Katzman | 33.44 |
| 15. Bill Glover | 33.46 |

Mid-length Course

- | | |
|------------------|-------|
| 1. Nancy Hornor | 34.34 |
| 2. Bruce Peltier | 46.50 |

Long Course - 1 1/2 miles

- | | |
|-----------------------|-------|
| 1. John Ottersberg | 24.09 |
| 2. Todd Walsh | 30.29 |
| 3. Nigel Killeen | 31.54 |
| 4. Tom Keller | 31.59 |
| 5. Brian Herrick | 32.10 |
| 6. Mike Tschantz-Hahn | 32.26 |
| 7. Alice Jones | 34.45 |
| 8. Alan Budenz | 36.53 |
| 9. Paul Moe | 37.15 |
| 10. Suzie Dods | 37.18 |
| 11. Joanne Desmond | 37.43 |
| 12. Joe Omran | 40.00 |
| 13. Sunny McKee | 40.34 |
| 14. Jennifer Lamers | 41.08 |



Liam Hennessy, 30 seconds later

Photo: Margaret Keenan

- | | |
|-----------------------|-------|
| 15. Mike Pacicca | 42.30 |
| 16. Joe Ferrero | 42.47 |
| 17. Robin Rome | 43.02 |
| 18. Mary Alex | 43.07 |
| 19. Bob Blum | 44.10 |
| 20. Bill Hadley | 44.15 |
| 21. Jim Frew | 44.33 |
| 22. Napthali Offen | 47.10 |
| 23. Greg Hicks | 48.16 |
| 24. Rodes Fishburn | 49.17 |
| 25. Bess Purcell | 49.48 |
| 26. Katie Cronin | 52.15 |
| 27. Dahlia Kamesar | 55.00 |
| 28. Michaelynn Meyers | 75.23 |

HELPERS: Ray Artigues, Rick Avery, Bob Blum, Katie Cronin, John Davies, Joanne Desmond, Joe Ferrero, Greg Hicks, Krist Jake, Alice Jones, Tom Keller, Pat McGarvey, Trish Miller, Chris Omran, John Ottersberg, Phil Rollins, Phil Sancimino, Cynthia Skovlin, Megan Sullivan, Noel Turner

PILOTS: George Kebbe, Tim Murphy.

Crissy Field Swim

July 17, 2004—Final Results

- | | |
|--------------------------|-------|
| 1. Todd Walsh | 42.13 |
| 2. John Ottersberg | 42.18 |
| 3. Si Bunting | 42.57 |
| 4. Neala Kendall | 43.11 |
| 5. Drew Sullivan | 45.09 |
| 6. David Rich | 45.31 |
| 7. Candace Kelly | 45.32 |
| 8. Michael Tschantz-Hahn | 47.55 |
| 9. Tom Keller | 49.33 |
| 10. Pam Derks | 49.44 |
| 11. Nigel Killeen | 49.55 |
| 12. Alan Budenz | 50.10 |
| 13. Mickey Lavelle | 50.26 |

- | | |
|----------------------|--------|
| 14. Laura Merkl | 50.41 |
| 15. Rebecca Tilley | 50.49 |
| 16. Alice Jones | 51.18 |
| 17. Pat McGarvey | 51.43 |
| 18. Margaret Keenan | 51.56 |
| 19. Todd Oppenheimer | 52.00 |
| 20. Nancy Cutler | 52.08 |
| 21. Peter Darlington | 52.18 |
| 22. Kate Coleman | 52.28 |
| 23. Sunny McKee | 52.35 |
| 24. Mark McKee | 53.48 |
| 25. Gina Rus | 54.08 |
| 26. Rich Antonchuk | 54.36 |
| 27. Krist Jake | 54.39 |
| 28. Bill Hadley | 54.42 |
| 29. Jennifer Lamers | 54.59 |
| 30. Ted Tilles | 55.06 |
| 31. Bob Blum | 55.14 |
| 32. Keith Nelson | 56.45 |
| 33. Greg Hicks | 59.14 |
| 34. Pete Neubauer | 59.41 |
| 35. Nicole DeLisi | 61.33 |
| 36. Carol Murphy | 63.44 |
| 37. Rey Hassan | 63.44 |
| 38. Dean Badessa | 63.58 |
| 39. Roger Kleid | 64.26 |
| 40. Susan Lauritzen | 64.27 |
| 41. Debbie Rose | 67.31 |
| 42. Katie Cronin | 68.59 |
| 43. Pavla Podolska | 86.00 |
| 44. Brian Herrick | 105.00 |

PILOTS: Judy Apfel, Ray Artigues, Marcus Auerbuch, Pete Bianucci, Jerry Block, Paul Brady, Carol Block, Rich Cooper, Ken Coren, Gary Ehrsam, Colin Gift, Phil Kohlenberg, Tobi Kohlenberg, Steve Lathram, Harry Louie, Robert Mackey, Tim McGelland David McGrane, Dan Osborne, Al de la Peña, Will Powning, Robin Rome, Emily Roth, Cynthia Skovlin, Lyrinda Snyderman

HELPERS: Laura Atkins, Dean Badessa, Nick Blum, David Broadbear, Katie Cronin, Tom Dugan, Nicole DeLisi, Joe Ferraro, Rodes Fishburne, Bill Gica, Bill Glover, Bill Hadley, Rey Hassan, Liam Hennessy, Greg Hicks, Margaret Keenan, Nigel Killeen, Susan Lauritzen, Pat McGarvey, David McGrane, Keith Nelson, Pete Neubauer, Lorna Newlin, Todd Oppenheimer, Mimi Osborne, Phil Rollins, Phil Sancimino, Megan Sullivan, Rebecca Tilley, Andy Stone, Bess Tschantz-Hahn, Todd Walsh

PRESIDENT'S REPORT

A LOOK AT CLUB OPERATIONS AND FINANCES

by Meg Reilly

IN THE LAST ISSUE OF THE *LOG*, I presented a brief history of how the Dolphin Club came to be located in Aquatic Park under a lease from the San Francisco Recreation and Parks Department. This column gives an overview of the processes that keep the Dolphin Club running today.

As a California nonprofit public-benefit corporation with tax exempt status as a social welfare organization under Internal Revenue Code Section 501 (C)(4), the Club does not pay state or federal income tax on dues and other program-related revenues. Since the Club is not a 501(C)(3) qualified organization, however, the dues, program revenues and donations it receives are not tax deductible.

Articles of incorporation and by-laws, the Club's lease with S.F. Recreation and Parks Department, and various Recreation and Parks Commission resolutions dictate how the Club operates. For example, the lease requires an annual independent audit of the Club's books and our landlord must approve all dues and door fee charges, and also the operating procedures for Club facilities. In addition, our landlord has approved the written operating procedures for Club facilities.

The Club relies on volunteer managers who are elected or appointed annually.

Developing the Club's annual budget is always the first order of business after the new board of governors, officers and committees are in place. The new board appoints a budget committee to develop the annual budget based on past and projected

revenues and expenses. Drawing from the Club's 2004 budget, the following is a sample of typical "big ticket" items that the Club experiences annually:

REVENUES		EXPENSES	
Dues	\$320,000	Utilities	\$53,000
Rowing Fees	500	Fleet Maintenance	50,000
Door Fees	4,500	Insurance	42,000
Interest & misc Income	4,500	Rent (10% of revenue)	35,000
Swim Fees	5,000	Swim Program	16,500
Event Revenues	13,000	Event Expenses	14,500
		Log	7,500
		Capital projects (\$92,000 in 2003)	40,000
		Facility Maintenance	41,000
		Facility Supplies	6,700
		Payroll	17,000
		Admin (audit, etc)	15,000
		Weight Room	900
		Rowing Program	830

The Club retains an independent public accounting firm to audit its books annually and provide other needed support. Member volunteers, who lend a hand with the countless things that need doing every day, are the irreplaceable asset of the Club. It's impossible to place a value on their contribution. Thanks to all the participant members for defining the present and future of the Dolphin Club—on a daily basis. 🐬

Dolphin Club Building Fund

The Building Fund was established in 1998 to provide members with a tax-efficient way to contribute to the ongoing capital project needs of the Club. We have established a "Dolphin Club Account" with the Friends of Recreation and Parks, a 501(c)(3) nonprofit. Fund contributions, which are used exclusively for improvements to the Club's physical structure, have totaled over \$150,000 so far. Without these contributions, additional dues increases or special assessments would have been needed. Expenditures to remodel the men's and women's locker rooms over several years nearly

depleted the fund. In 2003, however, several fund-raising projects that members organized brought in \$15,000. Our goal for 2004 is \$25,000 in new contributions. Your support is needed to reach this goal.

The Building Fund committee can answer your questions and will be happy to meet with you and your advisors. We welcome conversations about putting the Dolphin Club Building Fund in your estate, trust or will, and are always eager to support new fund-raising ideas and activities.

Contributing is easy: **Make a check out to "Friends of Recreation and**

Parks" with "Dolphin Club Building Fund" in the memo line. Either mail it to the Club or leave it in the Building Fund mailbox in the small room behind the television set in the Staib Room. In return you'll receive a letter acknowledging your contribution. Several large projects are in the works for the coming year. Your support will help assure their successful completion and allow us to keep dues at an affordable level. 🐬

—The Building Fund Committee
(Mark McKee, Sunny McKee, Meg Reilly, Anthony DuComb)

Dolphin Swimming &
Boating Club

502 Jefferson Street
San Francisco, CA
94109

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DOLPHIN CLUB – SWIM SCHEDULE 2004

January 1	Thurs	South End New Year's Day Alcatraz	
January 1		New Year's Day Cove	10 am
February 21	Sat.	Midwinter Gas House Cove	10:00 am
March 21	Sun.	Spring Cove/End of Polar Bear	9:00 am
April 10	Sat.	Pier 43	7:30 am
May 9	Sun.	Pier 39	7:30 am
May 16	Sun.	Yacht Harbor	8:00 am
June 1	Tues.	100-Mile Swim begins	
June 6	Sun.	Crazy Cove	9:00 am
June 18	Fri.	Twilight Cove/Pot Luck dinner	6:00 pm
July 17	Sat.	Crissy Field	9:30 am
July 31	Sat.	Santa Cruz	11:00 am
August 8	Sat.	Golden Gate	7:30 am
August 14	Sat.	Over 45 Gas House Cove	10:00 am
August 20	Fri.	Twilight Pier 43	6:15 pm
September 12	Sun.	Over 60 Cove	10:00 am
		Introduction to Bay Swimming	
September 19	Sun.	Alcatraz	8:45 am
September 26	Sun.	Fort Point	7:45 am
October 3	Sun.	Escape from Alcatraz Triathlon	9:00 am
October 10	Sun.	Dolphin/South End Triathlon	TBA
October 17	Sun.	Handicap Cove	9:00 am
October 23	Sat.	Golden Gate redo	9:30 am
October 31	Sun.	100-Mile Swim ends	
November 13	Sat.	Pilot Appreciation Dinner	TBA
November 25	Thurs.	Thanksgiving Cove	9:00 am
December 19	Sun.	New Year's Day Qualifier	10:00 am
		Christmas Party	noon
December 21	Sun.	Start of Polar Bear	

ROWING TRAINING (ALL FALL ON SATURDAYS, EXCEPT FEB. 22ND)

JAN. 24	MARCH 20	MAY 22	JULY 24	SEPT. 18	NOV. 20
FEB. 22	APRIL 24	JUNE 19	AUG. 21	OCT. 23	DEC. 18

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. Swimmers must be members in good standing with dues current and swim fees paid.
4. New members are not eligible to swim in scheduled out-of-cove swims for 6 months from their membership start.
5. Out-of-cove swims are limited to 60 swimmers and may be further limited by the Swim Commissioners.
6. Alcatraz and Golden Gate swims are limited to 75 swimmers; Alcatraz swimmers may be chosen by lottery.
7. Swim sign-up sheets are posted two weeks prior to each swim.
8. Time limits are imposed and enforced for all swims.
9. All club boats are reserved for scheduled swims.

Additional qualifications for Alcatraz and Golden Gate Swims

10. In-town members must successfully complete 2 swims marked with a wheel (⊗) and one other scheduled swim and pilot or help on at least 2 others.
11. Out-of-town members (those residing 100+ miles from the club) must have successfully completed 2 of the last 3 club scheduled Alcatraz and/or Golden Gate swims or meet rule 10 above.
12. In swims that are qualifiers, nonqualified members will be given priority over swimmers already qualified.

